

## SUGAR SEPTEMBER FREE MEAL PLAN WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	<u><a href="#">Green Chile and Cheese or Spinach Feta DIY Frozen Breakfast Burrito *</a></u>	<u><a href="#">Green Chile and Cheese or Spinach Feta DIY Frozen Breakfast Burrito *</a></u>	<u><a href="#">Sweet Potato and Nut Butter or Acorn Squash and Nut Butter</a></u>	<u><a href="#">Sweet Potato and Nut Butter or Acorn Squash and Nut Butter</a></u>	<u><a href="#">High Protein Pumpkin Pancake</a></u>
<i>Lunch</i>	<u><a href="#">Grilled Chicken Salad with optional add ins</a></u>  V: Sub Beans or Tofu	<u><a href="#">Grilled Chicken Salad with optional add ins</a></u>  V: Sub Beans or Tofu	<u><a href="#">Spicy Tuna Avocado Cakes Over Salad</a></u>	<u><a href="#">Asparagus and Leek Frittata</a></u>	<u><a href="#">Grilled Salmon Leftovers on Salad</a></u>
<i>Dinner</i>	<u><a href="#">Shrimp Enchilada Spaghetti Squash</a></u>  V: Sub Fried Tofu	<u><a href="#">Spicy Tuna Avocado Patties, Brown Rice/ Quinoa &amp; Veggies</a></u>	<u><a href="#">Asparagus and Leek Frittata</a></u>	<u><a href="#">Grilled Salmon (or Salmon Burger), Brown Rice, Veggies**</a></u>	<u><a href="#">Grilled Cheese or Tuna Melts! ** Side of favorite veggies</a></u>