

## SUGAR SEPTEMBER FREE MEAL PLAN WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	<u><a href="#">Breakfast Sausage &amp; Veggie Stuffed Breakfast Sausage &amp; Avocado</a></u>	<u><a href="#">Breakfast Sausage &amp; Veggie Stuffed Breakfast Sausage &amp; Avocado</a></u>	1/2 Cup Cottage Cheese with berries (frozen or fresh) and nuts	<u><a href="#">Banana Almond Butter Quesadilla</a></u>	<u><a href="#">5 Minute Omelet Bowl or Quiche Leftovers</a></u>
	V: <u><a href="#">Green Chile and Cheese BF Burritos* &amp; Avocado</a></u>	V: <u><a href="#">Green Chile and Cheese BF Burritos* &amp; Avocado</a></u>			
<i>Lunch</i>	<u><a href="#">Grilled Chicken Salad</a></u> V: <u><a href="#">Sub Beans or Tofu</a></u>	<u><a href="#">Grilled Chicken Salad or Stir Fry Leftovers</a></u> V: <u><a href="#">Sub Beans or Tofu</a></u>	<u><a href="#">20 Minute Enchilada Skillet* Leftovers</a></u> V: <u><a href="#">Sub chorizo for black beans or tofu chorizo</a></u>	<u><a href="#">Brussel Sprouts and Spinach Quiche Leftovers</a></u>	<u><a href="#">Jalapeño Cheddar Turkey Burger with veggies or over salad</a></u>
<i>Dinner</i>	<u><a href="#">Spicy Farmbox Stir Fry</a></u> V: <u><a href="#">Sub Tofu</a></u>	<u><a href="#">20 Minute Enchilada Skillet*</a></u> V: <u><a href="#">Sub chorizo for beans or tofu chorizo</a></u>	<u><a href="#">Brussel Sprouts and Spinach Quiche</a></u>	<u><a href="#">Jalapeño Cheddar Turkey Burger** with veggies or over salad</a></u>	<u><a href="#">Tuna &amp; Tomato Melts and Carrots (or other veggies)**</a></u> V: <u><a href="#">Grilled Cheese and Veggies**</a></u>