



Menu for Day 1 and Day 2

Monday Breakfast Options

Please select two lunch options to receive them Tuesday and Wednesday
(can be one of each or two of the same item)

1) Banana-Walnut Pancake Stack, Turkey Bacon Slices, Side of Low-Carb Housemade Syrup (GF)

Calories 350 Total Fat 10.5 Protein 12g
Total Carbs 44g Fiber 2g Net Carbs 42.5g

2) Mindful Breakfast Egg Bowl with Diced Turkey Ham, Onions, Green Peppers and Cheddar Cheese, Roasted Potatoes (GF)

Calories 345 Total Fat 10g Protein 25g
Total Carbs 22g Fiber 3g Net Carbs 19g

Monday Lunch options

Please select two lunch options to receive them Tuesday and Wednesday

1. Grassfed Ground Beef Meatballs in Homemade Marinara Sauce, Gluten-Free Spaghetti, Fresh Sautéed Spinach (GF)

Vegetarian Substitute: Italian Vegetarian "Meat"balls

2. Cuban Mojo-Marinated Pork Tenderloin, Slow-Cooked Red Beans and Rice, Marinated Tomato & Red Onion Salad (GF)

Vegetarian Substitute: Black Bean Burger

3. Garlic-Lime Shrimp with Mango, Red Onion and Lime Relish, Coconut Rice, Steamed Vegetable Medley (GF)

Vegetarian Substitute: Sautéed Diced Tofu

4. Chicken Breast Coq Au Vin, Baby Portobello Mushrooms in Red Wine Reduction, Roasted Red Skin Potatoes, Roasted Broccoli Florets (GF)

Vegetarian Substitute: Spinach and Cheese Ravioli

Menu for Day 3, 4, 5

Wednesday Breakfast Options

Please select breakfast options to receive them Thursday, Friday and Saturday

1) Gluten-Free French Toast with Homemade Strawberry Sauce, Turkey Sausage Links, Side of Low-Carb Homemade Syrup (GF)

Calories 375 Total Fat 12g Protein 19.5g
Total Carbs 43.5g Fiber 3g Net Carbs 40g

2) Mindful Vegetarian Egg Bowl with Roasted Red Peppers, Portobello Mushrooms, Caramelized Onions, Roasted Potatoes (GF)

Calories 285 Total Fat 5.5g Protein 22.5g
Total Carbs 20g Fiber 4g Net Carbs 16g

Wednesday Lunch options

Please select breakfast options to receive them Thursday, Friday and Saturday

1. Guinness-Infused Grass-fed Ground Beef Shepard's Pie Bowl with Green Peas, Carrots, Sweet Corn, Mushroom and Onions over Garlic-Mashed Potatoes (GF)

Vegetarian Substitute: Homestyle Plant-Based "Meat"balls

2. Turkey Breast Alfredo over Gluten-Free Spaghetti, Sliced Carrots, Sauteed Mushrooms and Broccoli Florets in Light Cream Sauce (GF)

Vegetarian Substitute: Grilled Portobello Mushroom and Vegetable Alfredo over Gluten-Free Spaghetti in Light Cream Sauce

3. Korean Pulled Pork Bowl with White and Brown Rice Blend, Sautéed Cabbage and Carrot, Stir-Fry Vegetable Blend, Korean BBQ Sauce (GF)

Vegetarian Substitute: Grilled Portobello Mushrooms, Asian Vegetable and Rice Bowl

4. Chopped Mexican Chicken Bowl with Brown and White Rice, Black Beans and Fire-Roasted Vegetable Blend, Fresh Diced Tomatoes, Jalapeno Aioli (GF)

Vegetarian Substitute: Black Bean Burger

Please fill in the form below and send your selections to maria@fullcirclecoaching.com no later than this Friday February 24 at 12:00 PM Eastern time.

\$105 plus tax includes the **5** lunches, **5** breakfasts and the delivery of everything on Monday and Wednesday.

Breakfast Selections

Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Lunch Selections

Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Credit Name	
Credit Card Number	
Expiration Date	
Security Code	