

Lunch cont'd

Turkey Burgers + Sweet Potatoes Fries (Home or Take out)

- 1lb Turkey Meat
- Whole Wheat Buns
- Lettuce, Tomato, Onions
- Sauce/Condiment of choice
- 3-4 sweet potatoes (cut into chunks) – consume ½ cup

Turkey Taco Bowls (Home or Take Out)

- 4 oz -5oz Ground Turkey
- ½ cup black beans
- ½ cup corn
- ½ cup fajita veggies
- 1lime
- 1/3 cup of jasmine rice
- 2tbsp sour cream
- 1-2 tbsp of cheese

Dinner cont'd

Chicken & Shrimp Stir Fry

- 4-6 oz Chicken & Shrimp
- 1/3 cup of jasmine rice
- ½ cup of zucchini or peppers & onions
- 2-3 tbsp of Szechuan Sauce , General Tso Sauce, or Sauce of choice

Baked Lemon Garlic Tilapia + Rice + Veggies

- 4-6 oz of Tilapia
- 1/3 cup rice
- 1 cup of veggies of choice