



INSTRUCTIONS

Choose 1 Protein and 2 Sides

date Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CUBAN MOJO</p> <p><input type="radio"/> PORK <input type="radio"/> CHICKEN <input type="radio"/> CHICKPEA PATTY (V)</p>	<p>TACO TUESDAY</p> <p><input type="radio"/> BLACKENED PICCADILLO <input type="radio"/> MAHI <input type="radio"/> LENTIL PICCADILLO (V)</p>	<p>ITALIAN</p> <p><input type="radio"/> MEATBALLS <input type="radio"/> SAUSAGE <input type="radio"/> WHITE BEAN MEATBALL (V)</p>	<p>STIR FRY</p> <p><input type="radio"/> SHRIMP <input type="radio"/> CHICKEN <input type="radio"/> CRISPY TOFU (V)</p>	<p>CARRIBBEAN</p> <p><input type="radio"/> BEEF <input type="radio"/> SALMON <input type="radio"/> CHICKPEA & LENTILS (V)</p>
<p><input type="radio"/> ROASTED POTATOES</p>	<p><input type="radio"/> BLACK BEANS & RICE</p>	<p><input type="radio"/> PASTA WITH HOMEMADE TOMATO SAUCE</p>	<p><input type="radio"/> RICE NOODLES</p>	<p><input type="radio"/> SOFRITO BASMATI RICE</p>
<p><input type="radio"/> PLATANOS</p>	<p><input type="radio"/> GARLIC CAULIFLOWER</p>	<p><input type="radio"/> ROASTED CARROTS, PEPPERS & ONIONS</p>	<p><input type="radio"/> VEGETABLE MEDLEY</p>	<p><input type="radio"/> CITRUS GREEN BEANS</p>
<p><input type="radio"/> SPINACH SALAD</p>	<p><input type="radio"/> GREEN CABBAGE SALAD</p>	<p><input type="radio"/> CAESAR SALAD</p>	<p><input type="radio"/> ARUGULA SALAD</p>	<p><input type="radio"/> CUCUMBER & TOMATO SALAD</p>



INSTRUCTIONS

Choose 1 Protein and 2 Sides

date Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HICKORY SMOKED</p> <ul style="list-style-type: none"><input type="radio"/> PORK<input type="radio"/> CHICKEN<input type="radio"/> CHICKPEA LENTILS (V)	<p>PAELLA</p> <ul style="list-style-type: none"><input type="radio"/> CHORIZO<input type="radio"/> SEAFOOD<input type="radio"/> CRISPY TOFU (V)	<p>ROSEMARY GRILLED</p> <ul style="list-style-type: none"><input type="radio"/> CHICKEN<input type="radio"/> MAHI MAHI<input type="radio"/> ZUCCHINI STEAK (V)	<p>LO MEIN</p> <ul style="list-style-type: none"><input type="radio"/> CHICKEN<input type="radio"/> SHRIMP<input type="radio"/> CRISPY TOFU (V)	<p>CILANTRO LIME</p> <ul style="list-style-type: none"><input type="radio"/> SALMON<input type="radio"/> CHICKEN<input type="radio"/> BLACK BEAN PATTY (V)
<ul style="list-style-type: none"><input type="radio"/> YUCCA MASH	<ul style="list-style-type: none"><input type="radio"/> SPANISH RICE	<ul style="list-style-type: none"><input type="radio"/> ROASTED GARLIC ALFREDO PASTA	<ul style="list-style-type: none"><input type="radio"/> LO MEIN NOODLES	<ul style="list-style-type: none"><input type="radio"/> GREEN RICE
<ul style="list-style-type: none"><input type="radio"/> HONEY BUTTER CARROTS	<ul style="list-style-type: none"><input type="radio"/> RICED CAULIFLOWER	<ul style="list-style-type: none"><input type="radio"/> CITRUS BROCCOLI	<ul style="list-style-type: none"><input type="radio"/> JULIENNE VEGETABLES	<ul style="list-style-type: none"><input type="radio"/> GRILLED ASPARAGUS
<ul style="list-style-type: none"><input type="radio"/> ICEBERG SALAD	<ul style="list-style-type: none"><input type="radio"/> CUCUMBER & TOMATO SALAD	<ul style="list-style-type: none"><input type="radio"/> CAPRESE SALAD	<ul style="list-style-type: none"><input type="radio"/> BABY ARUGULA SALAD	<ul style="list-style-type: none"><input type="radio"/> MIXED GREENS SALAD



INSTRUCTIONS

Choose 1 Protein and 2 Sides

date Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OFF THE GRILL</p> <ul style="list-style-type: none"><input type="radio"/> CHEESE BURGER<input type="radio"/> CHICKEN KABOBS<input type="radio"/> ZUCCHINI STEAKS (V) <p><input type="radio"/> SOUR CREAM BAKED POTATO</p> <p><input type="radio"/> CORN ON THE COB</p> <p><input type="radio"/> WATERMELON CUCUMBER SALAD</p>	<p>FAJITA STYLE</p> <ul style="list-style-type: none"><input type="radio"/> CHICKEN<input type="radio"/> SHRIMP<input type="radio"/> TOFU (V) <p><input type="radio"/> RED MEXI RICE</p> <p><input type="radio"/> BUTTERNUT SQUASH</p> <p><input type="radio"/> ICEBERG WEDGE SALAD</p>	<p>GARLIC HERB</p> <ul style="list-style-type: none"><input type="radio"/> SALMON<input type="radio"/> TURKEY MEATBALL<input type="radio"/> CHICKPEA LENTIL (V) <p><input type="radio"/> LEMON SPINACH PESTO PASTA</p> <p><input type="radio"/> GRILLED ASPARAGUS</p> <p><input type="radio"/> MEDITERRANEAN SALAD</p>	<p>THAI CHILI GARLIC</p> <ul style="list-style-type: none"><input type="radio"/> MAHI<input type="radio"/> BEEF<input type="radio"/> CRISPY TOFU (V) <p><input type="radio"/> BAMBOO RICE</p> <p><input type="radio"/> GARLIC SNOW PEAS</p> <p><input type="radio"/> SPIANCH SALAD</p>	<p>JERK STYLE</p> <ul style="list-style-type: none"><input type="radio"/> BEEF<input type="radio"/> CHICKEN<input type="radio"/> CHICKPEA & LENTILS (V) <p><input type="radio"/> SWEET POTATOES</p> <p><input type="radio"/> CURRY CAULIFLOWER</p> <p><input type="radio"/> FRUIT SALAD</p>



INSTRUCTIONS

Choose 1 Protein and 2 Sides

date Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MAPLE BBQ GLAZE</p> <p><input type="radio"/> BABY BACK RIBS</p> <p><input type="radio"/> SALMON</p> <p><input type="radio"/> CRISPY TOFU (V)</p>	<p>PINEAPPLE SALSA</p> <p><input type="radio"/> CHICKEN</p> <p><input type="radio"/> MAHI MAHI</p> <p><input type="radio"/> CHICKPEA LENTILS (V)</p>	<p>PARMESAN SCAMPI</p> <p><input type="radio"/> SHRIMP</p> <p><input type="radio"/> CHICKEN</p> <p><input type="radio"/> ZUCCHINI STEAK (V)</p>	<p>SWEET & SOUR</p> <p><input type="radio"/> BEEF</p> <p><input type="radio"/> SALMON</p> <p><input type="radio"/> CRISPY TOFU (V)</p>	<p>CILANTRO LIME</p> <p><input type="radio"/> SALMON</p> <p><input type="radio"/> CHICKEN</p> <p><input type="radio"/> BLACK BEAN PATTY (V)</p>
<p><input type="radio"/> 3 CHEESE MAC ATTACK</p>	<p><input type="radio"/> SOFRITO BASMATI RICE</p>	<p><input type="radio"/> LEMON GARLIC PASTA</p>	<p><input type="radio"/> CRISPY POTATOES</p>	<p><input type="radio"/> WHITE RICE & RED BEANS</p>
<p><input type="radio"/> GARLIC BROCCOLI</p>	<p><input type="radio"/> SWEET PLANTAIN</p>	<p><input type="radio"/> CITRUS ASPARAGUS</p>	<p><input type="radio"/> ROASTED CAULIFLOWER</p>	<p><input type="radio"/> VEGETABLE MEDLEY</p>
<p><input type="radio"/> RED CABBAGE COLE SLAW</p>	<p><input type="radio"/> SPINACH SALAD</p>	<p><input type="radio"/> KALE CAESAR</p>	<p><input type="radio"/> ICEBERG WEDGE</p>	<p><input type="radio"/> BABY ARUGULA SALAD</p>

INSTRUCTIONS

Choose 1 Protein and 2 Sides

date Week 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><input type="radio"/> GARLIC LIME</p> <p><input type="radio"/> PORK</p> <p><input type="radio"/> SHRIMP</p> <p><input type="radio"/> CHICKPEA PATTY (V)</p>	<p><input type="radio"/> BURRITOS</p> <p><input type="radio"/> CHICKEN</p> <p><input type="radio"/> MAHI MAHI</p> <p><input type="radio"/> LENTIL PICCADILLO (V)</p>	<p><input type="radio"/> ITALIAN</p> <p><input type="radio"/> BOLOGNESE</p> <p><input type="radio"/> SALMON</p> <p><input type="radio"/> WHITE BEAN MEATBALL (V)</p>	<p><input type="radio"/> STIR FRY</p> <p><input type="radio"/> SHRIMP</p> <p><input type="radio"/> CHICKEN</p> <p><input type="radio"/> CRISPY TOFU (V)</p>	<p><input type="radio"/> TROPICAL FUSION</p> <p><input type="radio"/> BEEF</p> <p><input type="radio"/> SALMON</p> <p><input type="radio"/> CHICKPEA & LENTILS (V)</p>
<p><input type="radio"/> SOFRITO</p> <p><input type="radio"/> WHITE RICE</p>	<p><input type="radio"/> SWEET POTATOES</p>	<p><input type="radio"/> PASTA WITH PINK SAUCE</p>	<p><input type="radio"/> RICE NOODLES</p>	<p><input type="radio"/> YELLOW RICE</p>
<p><input type="radio"/> MARINATED TOMATOES</p>	<p><input type="radio"/> ROASTED CORN</p> <p><input type="radio"/> PICO DE GALLO</p>	<p><input type="radio"/> GRILLED ASPARAGUS</p>	<p><input type="radio"/> VEGETABLE MEDLEY</p>	<p><input type="radio"/> CITRUS BROCCOLI</p>
<p><input type="radio"/> SPINACH SALAD</p>	<p><input type="radio"/> KALE SALAD</p>	<p><input type="radio"/> CAESAR SALAD</p>	<p><input type="radio"/> ARUGULA SALAD</p>	<p><input type="radio"/> CUCUMBER & TOMATO SALAD</p>



INSTRUCTIONS

Choose 1 Protein and 2 Sides

date Week 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LATIN AMERICA</p> <ul style="list-style-type: none"><input type="radio"/> BEEF PICCADILLO<input type="radio"/> CHICKEN<input type="radio"/> CHICKPEA LENTILS (V) <p><input type="radio"/> YUCCA MASH</p> <p><input type="radio"/> SWEET PLANTAIN</p> <p><input type="radio"/> ICEBERG SALAD</p>	<p>SOUTHWESTERN WRAPS</p> <ul style="list-style-type: none"><input type="radio"/> CHICKEN<input type="radio"/> MAHI MAHI<input type="radio"/> CRISPY TOFU (V) <p><input type="radio"/> YELLOW RICE</p> <p><input type="radio"/> GARLIC GREEN BEANS</p> <p><input type="radio"/> CUCUMBER & TOMATO SALAD</p>	<p>MEDITERRANEAN</p> <ul style="list-style-type: none"><input type="radio"/> TURKEY MEATBALL<input type="radio"/> SHRIMP<input type="radio"/> ZUCCHINI STEAK (V) <p><input type="radio"/> CITRUS-HERB TABBOULEH</p> <p><input type="radio"/> GRILLED ASPARAGUS</p> <p><input type="radio"/> CAPRESE SALAD</p>	<p>ASIAN BBQ</p> <ul style="list-style-type: none"><input type="radio"/> BEEF<input type="radio"/> SALMON<input type="radio"/> CRISPY TOFU (V) <p><input type="radio"/> WHITE RICE</p> <p><input type="radio"/> GARDEN VEGETABLES</p> <p><input type="radio"/> KALE SALAD</p>	<p>AMERICAN STYLE TURKEY MEAT LOAF</p> <ul style="list-style-type: none"><input type="radio"/> SHRIMP<input type="radio"/> BLACK BEAN PATTY (V) <p><input type="radio"/> MASHED POTATOES</p> <p><input type="radio"/> BUTTERY CARROTS</p> <p><input type="radio"/> MIXED GREENS SALAD</p>



INSTRUCTIONS

Choose 1 Protein and 2 Sides

date Week 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OFF THE GRILL</p> <ul style="list-style-type: none"><input type="radio"/> ARGENTINA CHORIZO<input type="radio"/> BEEF KABOBS<input type="radio"/> ZUCCHINI STEAKS (V)	<p>CLUB WRAPS</p> <ul style="list-style-type: none"><input type="radio"/> HICKORY TURKEY<input type="radio"/> HONEY HAM<input type="radio"/> TOFU (V)	<p>LEMON HERB</p> <ul style="list-style-type: none"><input type="radio"/> SHRIMP<input type="radio"/> BEEF MEATBALL<input type="radio"/> CHICKPEA LENTIL (V)	<p>ORANGE GINGER</p> <ul style="list-style-type: none"><input type="radio"/> CHICKEN<input type="radio"/> SALMON<input type="radio"/> CRISPY TOFU (V)	<p>COCOENUT-LIME</p> <ul style="list-style-type: none"><input type="radio"/> MAHI MAHI<input type="radio"/> CHICKEN<input type="radio"/> CHICKPEA & LENTILS (V)
<ul style="list-style-type: none"><input type="radio"/> MAC & CHEESE	<ul style="list-style-type: none"><input type="radio"/> POTATO SALAD	<ul style="list-style-type: none"><input type="radio"/> PASTA FLORENTINE	<ul style="list-style-type: none"><input type="radio"/> ASIAN RICE PILAF	<ul style="list-style-type: none"><input type="radio"/> COCONUT QUINOA
<ul style="list-style-type: none"><input type="radio"/> CHAR GRILLED CORN	<ul style="list-style-type: none"><input type="radio"/> HOMEMADE ONION RINGS	<ul style="list-style-type: none"><input type="radio"/> MARINATED ROMA TOMATO	<ul style="list-style-type: none"><input type="radio"/> CURRY CAULIFLOWER	<ul style="list-style-type: none"><input type="radio"/> SAUTE VEGGIES
<ul style="list-style-type: none"><input type="radio"/> CUCUMBER & TOMATO SALAD	<ul style="list-style-type: none"><input type="radio"/> COLE SLAW	<ul style="list-style-type: none"><input type="radio"/> MEDITERRANEAN SALAD	<ul style="list-style-type: none"><input type="radio"/> SPIANCH SALAD	<ul style="list-style-type: none"><input type="radio"/> ICEBERG SALAD



INSTRUCTIONS

Choose 1 Protein and 2 Sides

date Week 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BALLPARK DAY</p> <p><input type="radio"/> LOADED HOT DOG</p> <p><input type="radio"/> POPCORN</p> <p><input type="radio"/> CHICKEN</p> <p>WHITE BEAN PATTY (V)</p> <p><input type="radio"/> FRENCH FRIES</p> <p><input type="radio"/> CARROT & CELERY STICK + DIPPING SAUCE</p> <p><input type="radio"/> ICEBERG WEDGE</p>	<p>QUESADILLA</p> <p><input type="radio"/> CHICKEN</p> <p><input type="radio"/> BEEF</p> <p><input type="radio"/> BLACK BEAN(V)</p> <p><input type="radio"/> YELLOW RICE</p> <p><input type="radio"/> ELOTE STREET CORN</p> <p><input type="radio"/> MEXI SALAD</p>	<p>BALSAMIC GLAZE</p> <p><input type="radio"/> SALMON</p> <p><input type="radio"/> PORK CHOP</p> <p><input type="radio"/> ZUCCHINI STEAK (V)</p> <p><input type="radio"/> CARBONARA PASTA</p> <p><input type="radio"/> CITRUS BROCCOLI</p> <p><input type="radio"/> SPINACH SALAD</p>	<p>SESAME SOY</p> <p><input type="radio"/> BEEF</p> <p><input type="radio"/> MAHI MAHI</p> <p><input type="radio"/> CRISPY TOFU (V)</p> <p><input type="radio"/> VEGGIE FRIED RICE</p> <p><input type="radio"/> 5 SPICE EDAMAME BEANS</p> <p><input type="radio"/> ARUGULA SALAD</p>	<p>PITA + TZATZIKI</p> <p><input type="radio"/> SALMON</p> <p><input type="radio"/> CHICKEN</p> <p><input type="radio"/> CHICKPEA LENTIL (V)</p> <p><input type="radio"/> MIDDLE EASTERN POTATOES</p> <p><input type="radio"/> GRILLED ASPARAGUS</p> <p><input type="radio"/> CUCUMBER TOMATO SALAD</p>

Thank you for the opportunity!



CAST Meal Plan