|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  | 1.  CYCLE DAY 6  **LUNCH:**  Santa Fe Glazed Chicken (262cal)  Dijon Pork Chop (265cal)  Beef Ball Stroganoff (336cal)  **DINNER:**  Salmon W/Maple Ginger Glaze (442cal)  Stuffed Green Peppers w/Turkey & Lentils (374cal)  Pasta Primavera (318cal)  **MIDNIGHT:**  Santa Fe Glazed Chicken (262cal) |
| 2.  CYCLE DAY 7  **LUNCH:**  Cheese Tortellini (219cal)  Fried Shrimp (Varies)  Bourbon Chicken (175cal)  **DINNER:**  Beef Pot Pie (472cal)  Lemon Baked Fish (168cal)  Herbed Baked Chicken (158cal)  **MIDNIGHT:**  Cheese Tortellini (219cal) | 3.  CYCLE DAY 8  **LUNCH:**  Caribbean Catfish (462cal)  Jerk Roast Turkey (210cal)  Stuffed Green Peppers (Beef) (324cal)  **DINNER:**  Sweet Potatoes, Black Beans, & Corn (141cal)  Beef Stew (305cal)  Chicken Breast Dijon (218)  **MIDNIGHT:**  Jerk Roast Turkey (210cal) | 4.  CYCLE DAY 9  **LUNCH:**  Baked Fish (130cal)  Meat Loaf (325cal)  Baked Chicken (157cal)  **DINNER:** BBQ Beef Cubes (413cal)  Southwestern Fish (146cal)  Beef Fajitas (397cal)  **MIDNIGHT:**  Meat Loaf (325cal) | 5.  CYCLE DAY 10  **LUNCH:**  Lemon Basil Shrimp Pasta (295cal)  Mambo Pot Roast (227)  Grilled Chicken w/Mustard Sauce (184cal)  **DINNER:**  Grilled Steak (557)  Roast Turkey (225cal)  Mediterranean Salmon (476cal)  **MIDNIGHT:**  Lemon Basil Shrimp Pasta (295cal) | 6.  CYCLE DAY 11  **LUNCH:**  Honey Ginger Chicken (196cal)  Grilled Salmon w/ Citrus Butter (680cal)  BBQ Brisket (820cal)  **DINNER:**  Crispy Oven Baked Chicken (193cal)  Roast Beef (268cal)  Parmesan Crusted Cod (216cal)  **MIDNIGHT:**  Grilled Salmon w/ Citrus Butter (680cal) | 7.  CYCLE DAY 12  **LUNCH:**  Chicken Florentine (379cal)  Italian Broccoli Pasta (364cal)  Stuffed Baked Pork Chop (313cal)  **DINNER:**  Greek Lemon Turkey Pasta (337cal)  Savory Baked Chicken (160cal)  Oven Fried Fish (254cal)  **MIDNIGHT:**  Chicken Florentine (379cal) | 8.  CYCLE DAY 13  **LUNCH:**  French Fried Shrimp (Varies)  Hot & Spicy Chicken (295cal)  Ziti w/ Meat Sauce (343cal)  **DINNER:**  Beef Stir Fry (334cal)  Baked Stuffed Fish (256cal)  Chicken Bulgogi (150cal)  **MIDNIGHT:**  Ziti w/ Meat Sauce (343cal) |
| 9.  CYCLE DAY 14  **LUNCH:**  Turkey Lentil Chili (261cal)  Shrimp Jambalaya (543cal)  Southern Fried Chicken (482cal)  **DINNER:**  Baked Dijon Pork Chops (265cal)  Chili Mac (447cal)  Lemon Pepper Catfish  **MIDNIGHT:**  Turkey Lentil Chili (261cal) | 10.  CYCLE DAY 15  **LUNCH:**  Roast Beef (268cal)  Chicken Cordon Bleu (402cal)  Pasta Primavera (318cal)  **DINNER:**  Turkey Nuggets (268cal)  Beef & Corn Pie (446cal)  Bourbon Chicken (175cal)  **Midnight:**  Chicken Cordon Bleu(402cal) | 11.  CYCLE DAY 16  **LUNCH:**  Chicken Kabob (105cal)  Pepper Steak (244cal)  Tuna Noodles (varies)  **DINNER:**  Sweet & Spicy Salmon (307cal)  Cheese Tortellini w/Marinara (311cal)  Steak Ranchero (363cal)  **Midnight**  Tuna Noodles (varies) | 12.  CYCLE DAY 17  **LUNCH:**  Beef Brogul (241cal)  Pork Schnitzel (383cal)  Onion Lemon Fish (180cal)  **DINNER:**  Almond Crusted Cod (231cal)  Hamburger Yakisoba (415cal)  Cranberry Glazed Chicken (214cal)  **MIDNIGHT**  Onion Lemon Fish (180cal) | 13.  CYCLE DAY 18  **LUNCH:**  Turkey & Spinach Meatloaf (315cal)  Marinated Tomatoes w/ Penne (502cal)  Pineapple BBQ Meatballs (242cal)  **DINNER:**  BBQ Beef Cubes (413cal)  Chicken Enchilada (375cal)  Florentine Turkey Roulade (301cal)  **MIDNIGHT**  Pineapple BBQ Meatballs (242cal) | 14.  CYCLE DAY 19  **LUNCH:**  Swiss Steak w/Gravy (301cal)  Stuffed Green Peppers w/Turkey & Lentils (374cal)  Tuna Noodles (varies)  **DINNER:**  Lasagna (135cal)  Chicken Cacciatore (291cal)  Italian Broccoli Pasta (364cal)  **MIDNIGHT**  Stuffed Peppers w/Turkey & Lentils (374cal) | 15.  CYCLE DAY 20  **LUNCH:**  Honey Sriracha Chicken (182cal)  Chili Mac (447cal)  Lemon Baked Fish (168cal)  **DINNER:**  Jamaican Chicken (130cal)  Braised Spareribs (337cal)  Salisbury Grilled Salmon (258cal)  **MIDNIGHT**  Honey Sriracha Chicken (182cal) |
| 16.  CYCLE DAY 21  **LUNCH:**  Turkey Ala King (234cal)  Country Style Fried Steak (385cal)  Baja Baked Cod (272)  **DINNER:**  Swedish Meatballs (238cal)  Polynesian Fillet (144cal)  Steak Smothered in Onions (500cal)  **MIDNIGHT**  Steak Smothered in Onions (500cal) | 17.  CYCLE DAY 22  **LUNCH:** Oriental Pepper Steak (339cal)  Chicken Parmesan (465cal  Lemon Garlic Baked Fish (188cal)  **DINNER:**  Pork Roast Tenderloin (143cal)  Tuna Noodles (varies)  Savory Baked Chicken (160cal)  **MIDNIGHT**  Lemon Garlic Baked Fish (188cal) | 18.  CYCLE DAY 23  **LUNCH:**  Basil Baked Fish (99cal)  Turkey Breast Fillet (252cal)  Pasta Provencal (279)  **DINNER:**  Baja Fish Taco (297cal)  Baked Mexican Chicken (168cal)  Beef Stir Fry (334cal)  **MIDNIGHT**  Turkey Breast Fillet (252cal) | 19.  CYCLE DAY 24  **LUNCH:**  Spicy Catfish Po’boy (603cal)  Grilled Pork Chops (314cal)  Cajun Meatloaf (403cal)  **DINNER:**  Lemon Baked Fish (168cal)  Simmered Beef (303cal)  Cajun Chicken (302cal)  **MIDNIGHT**  Cajun Meatloaf (346cal) | 20.  CYCLE DAY 25  **LUNCH:**  Dijon Pork Chop (265cal)  Spinach Lasagna (349cal)  Florentine Turkey Roulade (301cal)  **DINNER:**  Baked Salmon (148cal)  Pineapple BBQ Meatballs (242cal)  Honey Mustard Chicken Breast (172cal)  **MIDNIGHT**  Dijon Pork Chop (265cal) | 21.  CYCLE DAY 26  **LUNCH:**  Roast Turkey (225cal)  Cheese Tortellini (219cal)  Stuffed Green Peppers (324cal)  **DINNER:**  Turkey & Spinach Meatloaf (315cal)  Crispy Baked Chicken (193cal)  Parmesan Fish (148cal)  **MIDNIGHT**  Stuffed Green Peppers (324cal) | 22.  CYCLE DAY 27  **LUNCH:**  Baked Chicken (157cal)  Southwestern Shrimp Linguine (447cal)  Beef Bulgogi (204cal)  **DINNER:**  Honey Ginger Chicken (196cal)  Salisbury Steak (417cal)  Cheese Manicotti (varies)  **MIDNIGHT**  Baked Chicken (157cal) |
| 23.  CYCLE DAY 28  **LUNCH:**  Creole Fish (180cal)  Stir Fry Chicken w/Broccoli (416cal)  Teriyaki Steak (503cal)  **DINNER:**  Chicken Ala King (196cal)  Baked Fish (417cal)  Pasta Primavera (varies)  **MIDNIGHT**  Stir Fry Chicken w/Broccoli (416cal) | 24.  CYCLE DAY 1  **LUNCH:**  Sweet Potatoes, Black Beans, & Corn (141cal)  Simmered Beef (303cal)  Almond Crusted Cod (231cal)  **DINNER:**  Spaghetti w/Turkey Meat Sauce (372cal)  Baked Lemon Garlic Butter Fish (188cal)  Stir Fry Garden Veg. w/Tofu & Brown Rice (368cal)  **MIDNIGHT:**  Almond Crusted Cod (231cal) | 25.  CYCLE DAY 2  **LUNCH:**  Chili Mac (447cal)  Basil Baked Fish (99cal)  Teriyaki Chicken (190cal)  **DINNER:**  Pork Roast Tenderloin (143cal)  Baja Baked Cod (272cal)  Pasta Provencal (279cal)  **MIDNIGHT:**  Teriyaki Chicken (190cal) | 26.  CYCLE DAY 3  **LUNCH:**  Ginger BBQ Chicken (184cal)  Shrimp Kabob (105cal)  Lemon Basil Pasta (295cal)  **DINNER:**  Marinated Tomatoes w/Penne & Basil (502cal)  Southern Fried Catfish (265cal)  Sweet Chili BBQ Meatballs (258cal)  **MIDNIGHT:**  Ginger BBQ Chicken (184cal) | 27.  CYCLE DAY 4  **LUNCH:**  Honey Mustard Chicken Breast (172cal)  Ziti w/Meat Sauce (343cal)  Baked Fish (130cal)  **DINNER:**  Hot & Spicy Chicken (395cal)  Pasta Toscano (583cal)  Cantonese Spareribs (575cal)  **MIDNIGHT:**  Baked Fish (130cal) | 28  CYCLE DAY 5  **LUNCH:**  Polish Sausage(406cal)  Baked Salmon (148cal)  Hamburger Yakisoba (415cal)  **DINNER:**  Roast Beef (268cal)  Shrimp Scampi (265cal)  Chicken Schnitzel (554cal)  **MIDNIGHT:**  Baked Salmon (148cal) | 29  CYCLE DAY 6  **LUNCH:**  Santa Fe Glazed Chicken (262cal)  Dijon Pork Chop (265cal)  Beef Ball Stroganoff (336cal)  **DINNER:**  Salmon W/Maple Ginger Glaze (442cal)  Stuffed Green Peppers w/Turkey & Lentils (374cal)  Pasta Primavera (318cal)  **MIDNIGHT:**  Santa Fe Glazed Chicken (262cal) |
| 30.  CYCLE DAY 7  **LUNCH:**  Cheese Tortellini (219cal)  Fried Shrimp (Varies)  Bourbon Chicken (175cal)  **DINNER:**  Beef Pot Pie (472cal)  Lemon Baked Fish (168cal)  Herbed Baked Chicken (158cal)  **MIDNIGHT:**  Cheese Tortellini (219cal) | 31.  CYCLE DAY 8  **LUNCH:**  Caribbean Catfish (462cal)  Jerk Roast Turkey (210cal)  Stuffed Green Peppers (Beef) (324cal)  **DINNER:**  Sweet Potatoes, Black Beans, & Corn (141cal)  Beef Stew (305cal)  Chicken Breast Dijon (218)  **MIDNIGHT:**  Jerk Roast Turkey (210cal) |  |  |  |  |  |