



SUGAR BALANCE

MEAL PLANS

WEEK 2

**WEEKLY MEAL PLAN SUMMARY
& DELICIOUS RECIPES**

WEEK 2 - MEAL PLAN SCHEDULE

Welcome to Week 2 of the Sugar Balance Meal Plan. Below you'll find a day by day meal plan along with delicious recipes and a shopping list of what to get for the week.

Week 2	Breakfast	Lunch	Dinner
Monday	Avocado Egg Salad Lettuce Wraps	Beef And Zucchini Skillet	Asian Shrimp & Broccoli
Tuesday	Brussel Sprout Hash With Eggs	Cabbage & Brussel Sprout Slaw With Eggs	Korean Beef & Cauliflower Rice
Wednesday	Green Onion Sausage Egg Muffins	Bacon Wrapped Asparagus	Skillet Chicken & Baby Bok Choy
Thursday	Avocado Baked Eggs	Baked Salmon Salad	Fried Cauliflower Rice With Pork & Chicken
Friday	Rosemary Chicken Salad	Kale BLT Salad	Mediterranean Chicken & Vegetables
Saturday	Mushroom Omelet	Brussel Sprout, Avocado Bacon Salad	Spicy Turkey And Asparagus Stir Fry
Sunday	Sausage & Pepper Egg Muffins	Turkey Salad	Sizzling Salmon Cakes On Salad