



**SUGAR BALANCE**

# **MEAL PLANS**

## **WEEK 12**

**WEEKLY MEAL PLAN SUMMARY  
& DELICIOUS RECIPES**

# WEEK 12 - MEAL PLAN SCHEDULE

Welcome to Week 12 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 12	Breakfast	Lunch	Dinner
Monday	Zucchini, Tomato & Basil Omelet	Beef and Zucchini Skillet	Pork Scallopini Wrap Ups
Tuesday	Brussel Sprout Hash with Eggs	Baked Salmon Salad	Korean Beef & Cauliflower Rice
Wednesday	Green Onion Sausage Egg Muffins	Egg & Veggie Stuffed Peppers	Curried Tuna Salad
Thursday	Breakfast Sausage & Egg Stack	Cabbage & Brussel Sprout Slaw with Eggs	Fried Cauliflower Rice with Pork & Chicken
Friday	Rosemary Chicken Salad	Kale BLT Salad	One Pot Lemon Garlic Pork Chops & Asparagus
Saturday	Zucchini Egg Muffins	Brussel Sprout, Avocado Bacon Salad	Pork Chops & Garlic Spinach
Sunday	Egg & Cauliflower Couscous	One Skillet Tilapia	Sizzling Salmon Cakes on Salad