Breakfast:

Omelet, spinach, peppers, cheese

Bacon turkey, eggs, avocado

Snacks:

Nuts, avocado with salt, cheese, berries

Dinners:

Tacos: Ground beef/turkey, sprinkled cheese, peppers, tomatoes, sour cream, avocado

Muneer: Bowl Jessica: Tortilla

Steak Kabobs: Steak, peppers, tomatoes, mushrooms, onion, potatoes

Muneer: No potatoes Jessica: Potatoes

BLTAs: Bread, turkey bacon, lettuce, tomato, avocado, mayo

Muneer: Lettuce Wrap BLTA Jessica: Bread BLTA

Chicken OR Turkey Breasts: Chicken/Turkey, mashed cauliflower, veggies

Muneer: No Gravy, Green Veggies (broccoli, peas, green beans) Jessica: Gravy, other veggies

Spaghetti & Meatballs: Zucchini noodles, sauce, meatballs

Muneer: Choose a low-carb sauce

Salmon Meal: Salmon, asparagus, lemon

Muneer: Choose low-carb spice

Chicken Noodle Soup: Noodles, Broth, Carrots, Celery

Muneer: Don’t eat the noodles

Turkey Sandwiches: Bread, turkey, cheese, mayo, mustard, veggies

Muneer: Do as a wrap Jessica: Use bread