

Challenge Week 2 Overview:							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
B 1	Banana Pancakes	Winter Hash	Raspberry Dream Smoothie	Broccoli Frittata w/ Blueberries	Acorn Squash, Asparagus w/ Fried Egg	Gingered Mango Smoothie	Winter Hash
L 1	Crockpot Pork	Pulled Pork Tacos	Salt & Pepper Drumsticks w/ Sweet Potato & Pear Soup	Lemon-Caper Cod w/ Sautéed Spinach & Baked Sweet Potatoes	Mixed Greens w/ Pomegranate, Pumpkin Seed, Steak & Avocado	Tom Kha Gai (Coconut Chicken Soup)	Chili
D 1	Crockpot Pork	Salt & Pepper Drumsticks w/ Sweet Potato & Pear Soup	Lemon-Caper Cod w/ Sautéed Spinach & Baked Sweet Potatoes	Steaks w/ Acorn Squash & Asparagus	Chili	Spaghetti Squash w/ Marinara	Spinach, Mushroom & Ground Beef Lasagna
S 1	Cucumber	Grapes	Blueberry + Almonds	Cucumber	Grapes	Blueberry + Almonds	Raspberry Dream Smoothie