

Month: October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1-Oct Mediterranean Sundried Tomato Quiche Calories 907 Protein 26 Carbs 80 Fat 55 Fiber 9.5 Sodium 1053	2-Oct Blackened Chicken with Avocado Cream Calories 786 Protein 52 Carbs 96 Fat 24 Fiber 15.3 Sodium 707
5-Oct Chicken Enchiladas Calories 791 Protein 37 Carbs 88 Fat 34 Fiber 10.9 Sodium 1004	6-Oct Spinach Manicotti Calories 783 Protein 34 Carbs 100 Fat 30 Fiber 14 Sodium 671	7-Oct Beef Stuffed Peppers Calories 727 Protein 36 Carbs 106 Fat 19 Fiber 11.1 Sodium 1029	8-Oct Fish Sandwich Calories 818 Protein 42 Carbs 104 Fat 28 Fiber 7 Sodium 1065	9-Oct Pulled Pork BBQ Calories 739 Protein 54 Carbs 92 Fat 16 Fiber 10.3 Sodium 1011
12 Parm Crusted Tilapia Calories 820 Protein 48 Carbs 99 Fat 28 Fiber 11.3 Sodium 722	13 Pork Carnitas Calories 700 Protein 41 Carbs 72 Fat 28 Fiber 11 Sodium 1089	14 Spinach Enchiladas Calories 946 Protein 38 Carbs 102 Fat 45 Fiber 13.9 Sodium 1196	15 Sweet and Sour Meatballs Calories 875 Protein 42 Carbs 122 Fat 29 Fiber 14.4 Sodium 807	16 Bruschetta Chicken Calories 862 Protein 45 Carbs 122 Fat 22 Fiber 13.9 Sodium 693
19-Oct Tofu Stir-Fry Calories 461 Protein 18 Carbs 56 Fat 20 Fiber 9.3 Sodium 233	20-Oct Battered Fried Fish Calories 832 Protein 42 Carbs 83 Fat 38 Fiber 10.2 Sodium 794	21-Oct White Chicken Caprese Lasanga Calories 1071 Protein 52 Carbs 116 Fat 46 Fiber 12.4 Sodium 1144	22-Oct Breakfast Casserol Calories 605 Protein 31 Carbs 90 Fat 15 Fiber 12.7 Sodium 1196	23-Oct French Dip Calories 919 Protein 55 Carbs 107 Fat 33 Fiber 14 Sodium 1075
26-Oct Beef Broccoli Stir Fry Calories 922 Protein 47 Carbs 114 Fat 33 Fiber 14.1 Sodium 952	27-Oct Creamy Pork Chops Calories 931 Protein 48 Carbs 108 Fat 37 Fiber 11.9 Sodium 407	28-Oct Salsa Verde Cheese Enchiladas Calories 979 Protein 42 Carbs 112 Fat 44 Fiber 20 Sodium 1174	29-Oct Crab Quiche Calories 820 Protein 33 Carbs 87 Fat 38 Fiber 8.9 Sodium 1136	30-Oct Stuffed French Toast Calories 870 Protein 37 Carbs 96 Fat 40 Fiber 13.7 Sodium 974

