



# WELLNESS MEAL PLAN

## LUNCH & DINNER MENU

### **LOW CARB MENU**

(WEEK OF: 7/27/20)

#### **PHILLY CHEESE STEAK**

*Slow cooked beef over roasted peppers & onions and smashed cauliflower. Topped with melted provolone cheese*

#### **DIJON CHICKEN**

*Grilled chicken breast covered in a Keto style dijon sauce.  
Served with grilled zucchini and garlic green beans.*

#### **GARLIC BUTTER SALMON**

*Baked salmon covered in a garlic butter sauce and served over seared asparagus.*

#### **PULLED PORK**

*Slow roasted pork shoulder with a Keto friendly Cole slaw and roasted carrots.*

#### **BALSAMIC CHICKEN**

*Grilled herb chicken breast over a bed of fresh lettuce and topped with caramelized red onion. Served with a balsamic vinaigrette dressing.*