

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<a href="#">Detox Soup</a>	<a href="#">Chicken Curry</a>	<a href="#">Stuffed Peppers</a>	<a href="#">Tomato Tacos</a>	<a href="#">Low Carb New Orleans Jambalaya</a>	<a href="#">4-Ingredient Low Calorie Cheesesteaks</a>	<a href="#">Paleo Butter Chicken</a>
Week 2	<a href="#">Cheesy Garlic Butter Spaghetti</a>	<a href="#">Goulash</a>	<a href="#">Potato Soup</a>	<a href="#">Vegan Portobello Pot Roast</a>	<a href="#">Chicken Shawarma Lettuce Cups</a>	<a href="#">Super Easy Beef Ragu</a>	<a href="#">Vegan BBQ Meatballs</a>
Week 3	<a href="#">Chicken Noodle Soup</a>	<a href="#">Pumpkin &amp; Plantain Curry</a>	<a href="#">Mac &amp; Cheese</a>	<a href="#">Masala Khichdi</a>	<a href="#">Salsa Chicken</a>	<a href="#">Egg Roll in a Bowl</a>	<a href="#">Bean &amp; Bacon Soup</a>
Week 4	<a href="#">Butternut Squash Soup</a>	<a href="#">Chicken Thighs</a>	<a href="#">Moroccan Split Pea Soup</a>	<a href="#">Beef &amp; Broccoli</a>	<a href="#">Smoky Lentil Sloppy Joes</a>	<a href="#">Easy Mexican Chili Verde</a>	<a href="#">Teriyaki Rice</a>
Extra	<b>SIDES</b> <a href="#">Brown Rice</a> <a href="#">Broccoli</a> <a href="#">Cornbread</a> <a href="#">Infused Water</a>		<b>DESSERTS</b> <a href="#">Crème Brûlée</a> <a href="#">Baked Apples</a> <a href="#">Indian Halva</a> <a href="#">Eggless Chocolate Cake</a>			<b>BREAKFASTS</b> <a href="#">Polenta Breakfast Porridge</a> <a href="#">Breakfast Casserole</a> <a href="#">Homemade Yogurt</a> <a href="#">Frittata with Spinach &amp; Mushrooms</a>	