

**CUSTOMIZED MENU  
FOR AWESOME CLIENT  
AUGUST 2 – 9, 2018**



**August 2, 2018 (Total Calories: 1,007 - Client can have up 193 calories in optional foods to remain within daily 1,200 caloric limit.)**

*Lunch: Mango Avocado Salmon Salad (445 calories)*

*Dinner: Grilled Lamb Chops (320), Mixed Greens (119 calories), Orange Glazed Carrots (123 calories)*

**August 3, 2018 (Total Calories: 1,174)**

*Lunch: Spicy Turkey Tacos with Blue Corn Tortillas (591 calories)*

*Dinner: Chef Cassandra's Unbelievable Baked Chicken (312 calories), Baked Garlic Parmesan Asparagus (106 calories), Cooked Apples (165 calories)*

**August 4, 2018 (Total Calories: 1,185)**

*Lunch: Mango Avocado Salmon Salad (445 calories)*

*Dinner: Salisbury Steak (410 calories), Cauliflower Garlic Mash (198 calories), Sautéed Spinach (132 calories)*

**August 5, 2018 (Total Calories: 845 calories - Client can have up 355 calories in optional foods to remain within daily 1,200 caloric limit.)**

*Lunch: Chef Cassandra's Salad (506 calories)*

*Dinner: Vegetarian Spicy Meatless Balls with Basil Tomato Sauce & Zucchini Noodles (339 Calories)*

**August 6, 2018 (Total Calories: 888 - Client can have up 312 calories in optional food to remain within daily 1,200 caloric limit.)**

*Lunch: Vegetable Wrap with Spicy Garlic Hummus (427calories)*

*Dinner: Jumbo Shrimp Stir Fry, Wild Rice (461 calories)*

**August 7 2018 (Total Calories: 1,153)**

*Lunch: Spicy Turkey Tacos (591 calories)*

*Dinner: Grilled Lamb Chops (320), Mixed Greens (119 calories), Orange Glazed Carrots (123 calories)*

**August 8, 2018 (Total Calories: 1,167)**

*Lunch: Vegetable Wrap with Spicy Garlic Hummus (427calories)*

*Dinner: Salisbury Steak (410 calories), Cauliflower Garlic Mash (198 calories), Sautéed Spinach (132 calories)*

**August 9, 2018 (Total Calories: 922 - Client can have up 278 calories in optional food to remain within daily 1,200 caloric limit.)**

*Lunch: Vegetarian Spicy Meatballs & Zucchini Noodles (339 Calories)*

*Dinner: Chef Cassandra's Unbelievable Baked Chicken (312 calories), Baked Garlic Parmesan Asparagus (106 calories), Cooked Apples (165 calories)*

