

	BREAKFAST	LUNCH	DINNER
DAY 1	 90 Classic Steak and Eggs	 134 Deviled Eggs	 206 Oven-Baked Brisket
DAY 2	 100 Brown Butter Eggs	 LEFTOVER Leftover Brisket	 228 Apple Cider Vinegar-Braised Chicken Thighs
DAY 3	 104 Bacon and Egg Cups	 146 Chunky Chicken Salad (use leftover chicken thighs)	 222 Perfect Cast-Iron Steak
DAY 4	 94 Classic Ham and Cheese Omelet	 198 Bacon Cheeseburger Soup	 208 Slow Cooker Pot Roast

	BREAKFAST	LUNCH	DINNER
DAY 5	 114 Air Fryer Egg Bites	 LEFTOVER Leftover Pot Roast	 206 Oven-Baked Brisket
DAY 6	 110 Sausage and Egg Muffins	 246 Perfect Cast-Iron Pork Chops	 274 Family Meatloaf
DAY 7	 116 Bacon Gruyère Egg Bites	 200 Nova Scotia Seafood Chowder	 248 Crispy Oven Pork Belly