

	BREAKFAST	SNACK	LUNCH	DINNER
MONDAY	Smoothies	Låra Bar	Grilled Cheese Sandwiches	Quesadillas Brown Rice
TUESDAY	Homemade Granola with Yogurt & Berries	Hard Boiled Eggs Fruit	Leftovers	Minestrone Soup Salad Bread
WEDNESDAY	Fried Eggs Potatoes Toast	Popcorn Kiwis & Oranges	Leftovers or Salad with Chicken	Potato Fennel Soup with Sausage* Whole Wheat Popovers
THURSDAY	Oatmeal	Diced Orange, Apple, Raisin, Walnut Salad	Leftovers	Bone-In Chicken Thighs Veggie Green Salad Muffin
FRIDAY	Scrambled Eggs Ground Beef Potatoes	Frozen Yogurt Cups	Leftovers	Black Bean Chili* Cornbread Muffins
SATURDAY	Pancakes Quiche Bacon	Granola, Yogurt, Fruit Parfait	Leftovers	Breakfast for Dinner
SUNDAY	Smoothies / Eggs & Toast	Almond Power Bars	Leftovers	Carne Asada Potatoes Refried Beans