

WEEK 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Apple and Oat Porridge	Potato and Green Onion Frittata	Tofu Breakfast Scramble	The Breaker's Granola and Apples	Apricot-Nut Breakfast Bar	Apple and Oat Porridge	Easy Whole Wheat Pancakes
Snack	<ul style="list-style-type: none"> Rice cakes with peanut butter and raisins 	<ul style="list-style-type: none"> Apples dipped in nut butter 	<ul style="list-style-type: none"> Fruit kabobs 	<ul style="list-style-type: none"> Almonds Dried fruit including apricots 	<ul style="list-style-type: none"> Whole wheat crackers* with nut butter 	<ul style="list-style-type: none"> Rice cakes 	<ul style="list-style-type: none"> Sliced fruit
Lunch	Southwest Corn and Black Bean Salad	Garden Vegetable Soup	Beautiful Green Salad	Brown Rice w/ Vegg	Herb Roasted Potato Fries and Veggie Burger	Vegetarian Chili	Brown Rice Stir-fry with Orange Sauce
Snack	<ul style="list-style-type: none"> Popped popcorn 	<ul style="list-style-type: none"> Hummus with flat bread Or Granola 	<ul style="list-style-type: none"> Apples dipped in nut butter 	<ul style="list-style-type: none"> Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit Or Granola 	<ul style="list-style-type: none"> Veggies with dip 	<ul style="list-style-type: none"> Fruit or Veggie Smoothie 	<ul style="list-style-type: none"> Almond Butter Bites
Dinner	Stir Fry Vegetables with Brown Rice	Bean and Rice Casserole	Greek Vegetable Stew	Red Bean Soup	Black Bean, Corn, and Brown Rice Stuffed Peppers	Meat and Potatoes Tacos or Burritos	"Cheesy" Pasta Primavera

WEEK 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Apple and Oat Porridge	Potato and Green Onion Frittata	Tofu Breakfast Scramble	The Breaker's Granola and Apples	Apricot-Nut Breakfast Bar	Apple and Oat Porridge	Easy Whole Wheat Pancakes
Snack	<ul style="list-style-type: none"> Rice cakes with peanut butter and raisins 	<ul style="list-style-type: none"> Apples dipped in nut butter 	<ul style="list-style-type: none"> Fruit kabobs 	<ul style="list-style-type: none"> Almonds Dried fruit including apricots 	<ul style="list-style-type: none"> Whole wheat crackers* with nut butter 	<ul style="list-style-type: none"> Rice cakes 	<ul style="list-style-type: none"> Sliced fruit
Lunch	Southwest Corn and Black Bean Salad	Garden Vegetable Soup	Beautiful Green Salad	Brown Rice w/ Vegg	Herb Roasted Potato Fries and Veggie Burger	Vegetarian Chili	Brown Rice Stir-fry with Orange Sauce
Snack	<ul style="list-style-type: none"> Popped popcorn 	<ul style="list-style-type: none"> Hummus with flat bread Or Granola 	<ul style="list-style-type: none"> Apples dipped in nut butter 	<ul style="list-style-type: none"> Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit Or Granola 	<ul style="list-style-type: none"> Veggies with dip 	<ul style="list-style-type: none"> Fruit or Veggie Smoothie 	<ul style="list-style-type: none"> Almond Butter Bites
Dinner	Stir Fry Vegetables with Brown Rice	Bean and Rice Casserole	Greek Vegetable Stew	Red Bean Soup	Black Bean, Corn, and Brown Rice Stuffed Peppers	Meat and Potatoes Tacos or Burritos	"Cheesy" pasta primavera

WEEK 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Apple and Oat Porridge	Potato and Green Onion Frittata	Tofu Breakfast Scramble	The Breaker's Granola and Apples	Apricot-Nut Breakfast Bar	Apple and Oat Porridge	Easy Whole Wheat Pancakes
Snack	<ul style="list-style-type: none"> Rice cakes with peanut butter and raisins 	<ul style="list-style-type: none"> Apples dipped in nut butter 	<ul style="list-style-type: none"> Fruit kabobs 	<ul style="list-style-type: none"> Almonds Dried fruit including apricots 	<ul style="list-style-type: none"> Whole wheat crackers* with nut butter 	<ul style="list-style-type: none"> Rice cakes 	<ul style="list-style-type: none"> Sliced fruit
Lunch	Southwest Corn and Black Bean Salad	Garden Vegetable Soup	Beautiful Green Salad	Brown Rice w/ Vegg	Herb Roasted Potato Fries and Veggie Burger	Vegetarian Chili	Brown Rice Stir-fry with Orange Sauce
Snack	<ul style="list-style-type: none"> Popped popcorn 	<ul style="list-style-type: none"> Hummus with flat bread Or Granola 	<ul style="list-style-type: none"> Apples dipped in nut butter 	<ul style="list-style-type: none"> Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit Or Granola 	<ul style="list-style-type: none"> Veggies with dip 	<ul style="list-style-type: none"> Fruit or Veggie Smoothie 	<ul style="list-style-type: none"> Almond Butter Bites
Dinner	Stir Fry Vegetables with Brown Rice	Bean and Rice Casserole	Greek Vegetable Stew	Red Bean Soup	Black Bean, Corn, and Brown Rice Stuffed Peppers	Meat and Potatoes Tacos or Burritos	"Cheesy" pasta primavera