

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Mon.	Smoothie	Oatmeal Energy Bar	Veggie Sandwich with Edamame	Silk Yogurt with Berries and Nuts	Enchiladas + Salad	Pop Corn
Tues.	Smoothie	Oatmeal Energy Bar	Veggie Sandwich with Edamame	Orange and Hard Boiled Egg	Soup and Corn Bread	X
Wed.	Smoothie	Silk Yogurt with Berries and Nuts	Enchiladas	Orange and Hard Boiled Egg	Veggie Pasta + Salad	Banana Ice Cream
Thurs.	Smoothie	Silk Yogurt with Berries and Nuts	Veggie Sandwich with Edamame	Orange and Hard Boiled Egg	Soup and Corn Bread + Salad	Banana Ice Cream
Fri.	Smoothie	Oatmeal Energy bar	Veggie Sandwich with Edamame	Orange and Hard Boiled Egg	Eat Out	X
Sat.	Smoothie	Oatmeal Energy bar	Left Overs	Silk Yogurt with Berries and Nuts	Chickpea Curry + Salad	Banana Ice Cream
Sun.	Eat Out	X	Chickpea Curry	Pop Corn	Leftovers from Freezer	Silk Yogurt with Berries and Nuts