

Jun 26 – Jul 2

Sun 26	Mon 27	Tue 28	Wed 29	Thu 30	Fri 1	Sat 2
Breakfast Breakfast Bowl	Breakfast Cranberry, Cinnamon, and Brown Sugar Steel Cut Oats Green Smoothie	Breakfast Breakfast Sandwich - Egg, Turkey, Cheese	Breakfast Breakfast Bowl	Breakfast <i>Leftover Oatmeal</i> Green Smoothie	Breakfast Breakfast Sandwich - Egg, Turkey, Cheese	Breakfast <i>Leftover Oatmeal</i> Green Smoothie
Lunch Quinoa Black Bean Salad	Lunch <i>Leftover Quinoa Black Bean Salad</i>	Lunch <i>Leftovers - chicken fajita wraps or salad</i>	Lunch <i>Leftover salmon and green veggies</i>	Lunch <i>Leftover Chicken and Quinoa Salad</i>	Lunch <i>Leftover Turkey Burgers and Salad</i>	Lunch <i>Leftovers</i>
Supper Baked Halibut with Basil Butter Garden Salad	Supper Chicken Fajita Lettuce Wraps Recipe	Supper Teriyaki Salmon roasted brussel sprouts, asparagus, and broccoli	Supper Quinoa Avocado Spinach Power Salad Crunchy Almond Chicken Fingers	Supper Cilantro Turkey Burgers Garden Salad	Supper <i>Treat Meal</i>	Supper Homemade Pizza Garden Salad
Snacks Post Workout Protein Shake Yogurt and Berries	Snacks Post Workout Protein Shake <i>Baby Carrots</i> <i>Hummus</i>	Snacks Post Workout Protein Shake Yogurt and Berries	Snacks Post Workout Protein Shake <i>Apple</i> <i>Celery</i> <i>Natural Peanut Butter</i>	Snacks Post Workout Protein Shake <i>Baby Carrots</i> <i>Hummus</i>	Snacks Post Workout Protein Shake <i>Apple</i> <i>Celery</i> <i>Natural Peanut Butter</i>	Snacks Yogurt and Berries

