

Meal Plan

10.23.17 - 10.26.17

Monday:

BREAKFAST: SMOOTHIE BOWLS

LUNCH: QUINOA VEGGIE BOWLS

DAVIS' LUNCH: HAM & CHEESE ROLL-UP; CUCUMBER & HUMMUS; TRAIL MIX; RICE CAKE WITH CASHEW BUTTER

DINNER: CAULIFLOWER RICE "FAJITA" BOWLS WITH PEPPERS & ONIONS (TRADER JOE'S FROZEN); ROTISSERIE CHICKEN; PICKLED RADISHES; GREEK YOGURT; CILANTRO; AVOCADO; LIME

Tuesday:

BREAKFAST: FRIED EGG

LUNCH: QUINOA VEGGIE BOWLS

DAVIS' LUNCH: TRAIL MIX; CUCUMBER, BROCCOLI, HUMMUS; GRILLED CHEESE; BANANA

DINNER: BUTTERNUT SQUASH CARBONARA

Wednesday:

BREAKFAST: TOAST WITH BANANA, ALMOND BUTTER, CINNAMON, HEMP SEEDS

LUNCH: QUINOA VEGGIE BOWLS

DAVIS' LUNCH: BOILED EGG; CHEESE STICK; CUCUMBER, HUMMUS; VEGGIE STRAWS; APPLESAUCE

DINNER: ENCHILADAS WITH HOMEMADE SAUCE; ROTISSERIE CHICKEN; BLACK BEANS; SPINACH; CHEESE; CORN TORTILLAS

Thursday:

BREAKFAST: SMOOTHIES OR OATMEAL

LUNCH: BLT SALAD WITH AVOCADO

DAVIS' LUNCH: CRUNCHY SALAD (BACON, CUCUMBER, RANCH); CHEESE STICK; VEGGIE STRAWS WITH HUMMUS; ANIMAL CRACKERS

DINNER: BROCCOLI, RICE & CHICKEN CASSEROLE (FROM OUR FREEZER)