

Food Rotation

WEEKLY MEAL PLANNER



	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	Turkey Bacon Sauteed Onions, Zucchini & Mushrooms	Turkey Lettuce Wraps Strawberries	Italian Turkey Sausage with Peppers, Onions & Mushrooms and Red Sauce	Carrots, Celery & Miso Dip Strawberries
MONDAY	Oatmeal w/Oat Milk Blueberries	Tofu Noodle Bowl Peas, Cabbage, Green Onion	Cod Fish Tacos Cabbage, Guacamole, Cilantro	Blueberry Protein Smoothie Apples & Sunbutter
TUESDAY	Ham Sauteed Yams, Garlic & Spinach	BLT in Coconut Flatbread Raspberries	Pork Chops Roasted Yams Spinach Salad with Beets & Walnuts Coconut Flatbreads	Cherry Coconut Carob Smoothie Coconut Flatbread
WEDNESDAY	Crockpot Peaches with Cinnamon Grain Free Granola	Tuna Lettuce Wraps Peach Hemp Smoothie	Crockpot Bean Soup	Cucumbers with Artichoke Dip Grapes

THURSDAY	Sauteed Onions, Zucchini & Mushrooms Chicken Sausage Patties (Homemade)	Chicken Soup	Baked Chicken Strips Broccoli Roasted Carrots	Strawberries Chicken Sausage Patties
FRIDAY	Oatmeal w/Oat Milk Blueberries	Turkey, Rice & Veggie Stir Fry	Turkey & Black Bean Chili	Blueberry Protein Smoothie Celery with Miso Dip
SATURDAY	Pork Sausage Sauteed Apples & Onions	Ham, Mustard & Lettuce on Coconut Flatbreads Apples & Sunbutter	Pulled Pork with Blackberry BBQ Sauce Coconut Flatbreads Coleslaw	Coconut Tapioca Pudding Blackberries