

Food Rotation

Weekly Meal Planner



	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	Pork Sausage Hash Browns (Not S & N) Raspberries & Coconut Cream	BLT's Carrots & Miso Dip	Cauliflower & Ham Soup	Coconut Yogurt Carrots & Miso Dip
MONDAY	Brown Rice Pudding with Soy Milk Strawberries	Chicken Soup	Chicken Lettuce Wraps	Strawberries Tea
TUESDAY	Turkey Bacon Buckwheat Porridge Apricots	Chick Pea, Tomato & Basil Salad	Turkey Italian Sausage with Tomato Basil Marinara over Zucchini Noodles	Cucumbers & Artichoke Dip
WEDNESDAY	Oatmeal w/Oat Milk & Blueberries	Sunbutter, Hemp & Blueberry Smoothie	"Linguine" w/Clams (Spaghetti Squash)	Apples & Sunbutter
THURSDAY	Coconut Yogurt Cherries Cashew Nut Granola Pork Sausage	Split Pea & Ham Soup	Chile Verde	Cherry Carob Smoothie Carrots & Miso Dip
FRIDAY	Brown Rice Pudding with Soy Milk Peaches	Tuna Lettuce Wraps	Ginger Salmon Mashed Potatoes (Brown Rice for Sierra) Asparagus	Peach Protein Smoothie
SATURDAY	Buckwheat Porridge Apricots	Chicken Soup	Grilled Chicken Corn Broccoli	Cucumber & Artichoke Dip