

Megan	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	apple coffe cake	eggs and fruit	Eggs with Spinach	Veggie Smoothie	Hard boiled eggs	Veggie Smoothie	Hard boiled eggs
Snack	Nut and fruit bars	Banana muffin	Seaweed	Apple	Seaweed	Apple	Seaweed
Lunch	Salad	Out to lunch	Celery root salad with microgreens	Greek Salad	Geen salad with tahini dressing	Greek Salad	Chicken soup
Snack							
Dinner	out to dinner	GF pasta with grassfed beef meatballs, raw marinara, celery root and asparugus	GF pizza and Salad with tahini dressing	Roast Chicken, brussel sprout quinoa and beets	Fish tacos with cabbage salad and broccoli	Quiche with asparugus soup and salad	Chicken boen broth Soup with salad
Kids/Bobby	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	apple coffe cake	eggs and fruit	Eggs with Spinach	Pear coffee cake	oatmeal with nuts and maple syrup	egg frittata	waffles
Snack	Nut and fruit bars	Banana muffin	Pear coffee cake	Banana muffin	fruit salad	banana muffin	Berries with coconut cream
Lunch	Sandwiches	Out to lunch	Burrito/ veggies	Egg sandwich/veggies and fruit	Tuna sandwich fruit and vegies	Chicken soup and GF roll	Burrito and veggies
Snack	Fruit and Seaweed	pumpkin muffins	Fruit and seaweed	Fruit and nuts	Fruit and seaweed	Fruit and nuts	Fruit and seaweed
Dinner	out to dinner	GF pasta with grassfed beef meatballs, raw marinara, celery root and asparugus	GF pizza and Salad with tahini dressing	Roast Chicken, brussel sprout quinoa and beets	Fish tacos with cabbage salad and broccoli	Quiche with asparugus soup and salad	Chicken boen broth Soup with salad