

Week 1

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Dessert
Tuesday	Cereal - R Shake	Chips/Hummus	Wraps	Toast	Spaghetti squash and Rao's Sauce with veggies, Garlic Toast	Ice Cream
Wednesday	Bagel/Hummus/ Avocado EGGS	Bagel with hummus cherry tomato pepper and/or cream cheese	Veggie Wraps with quinoa	Apple/PB and chips	Chili/Cornbread	Cookies
Thursday	Cereal and Toast	Chips and 2 cookies	Sammy with turkey Randy, Sarita salad	Chips and Hummus	Veggie Burgers, chips and a beer	Carrot Cake with TONS of cream cheese icing
Friday	Cereal, Banana	Chips and Hummus	Chili leftovers	Bagel and hummus/ Cream cheese	Veggie Burger, chopped celery/ carrots and dip	Carrot Cake (figure icing will be gone by now)
Saturday	Shake or Buzz Bowl Sourdough toast	Grapes, apple, banana	Salad with Lentil Loaf leftover (or a wrap with it)	Chips and Hummus	Papa horneada with avocado	Apple Pie Crispies
Sunday	Pancakes, banana	Grapes, apple, banana	Bean/Cheese Burrito	Chips / Salsa / Guacamole	Chili Leftovers	Ice Cream and Apple Crispies
Monday	Shake or Buzz Bowl	Chips and Hummus	Indian Dish leftovers with Naan	Apple/PB and chips	Giant Salad (use all remaining veggies)	Ice Cream (SoDelicious)

Week 2

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Dessert
Tuesday	Cereal - R Shake	Chips/Hummus	Wraps	Toast	Spaghetti squash and Rao's Sauce with veggies, Garlic Toast	Ice Cream
Wednesday	Cereal \ \ Avocado, eggs and toast	Chips and hummus	3C Salad and pizza slices (leftovers from Sunday)	Fruit & Veggies	Vegan Crab Cakes, mashed spuds and green beans	PI
Thursday	Bagel/Hummus and fruit	Fruit	Giant Salad	Chips and Guacamole	Falafel, Pita, Hummus cucumber dipping sauce	Apple Pie
Friday	Buzz Bowl (hemp, chia, flax, berries)	Apple Pie leftover (in freezer)	Chili leftovers	PB Pita	Giant Salad and Rolls	Cookies
Saturday	Protein Shake (berries)	Bagel/Hummus	Wrap with Chips and a coke	Chopped veggies/Hummus	Black Bean Burgers (sweet potato, lentil)	Ice Cream
Sunday	Pancakes	Fruit	Junkyard Salad (what's left!)	Apple Pie Leftovers	Lentil Loaf, corn and mashed potatoes	Chocolate Cake
Monday	Cereal	Bagel/Hummus	Wrap, chips and a coke	Apple/PB and chips	Home made pizza	Chocolate Cake