

Menu Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rise & Shine!	Water with Lemon	Water with Lemon	Water with Lemon	Water with Lemon	Water with Lemon	Water with Lemon	Water with Lemon
Breakfast	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie
Lunch	Large Salad P. 31-32	Tacos P. 39	Pad Thai P. 36	Large Salad Mushroom Soup P. 26	Wraps with Pesto or Hummus P. 34, 23,24	Pasta with Pesto or Marinara Sauce P. 37	Waldorf Salad P. 28
Dinner	Tacos P. 39	Pad Thai & Satay Sauce P. 36 & 21	Mushroom Soup Large Salad P. 26	Wraps with Pesto or Hummus P. 34, 23,24	Thai Salad Rolls with Satay Sauce P. 33 & 21	Pizza P. 40	Tomato Soup Salad P. 37
Dessert	Milk P.18 Cookies P.41	Apple Crumble P. 45 & 46	Chocolate Pudding P. 50	Lemon Drops P. 42	Salted Caramel, Chocolate Pie P. 52-53	Salted Caramel, Chocolate Pie (if you have leftovers!) P. 52-53	Cheesecake P. 54

**Snack Options:
(AM/PM)**
Nuts/seeds
Fresh fruit
Green Smoothie
Veggies & Dip
Leftover dessert

**Breakfast
Alternative**
Pudding!
Make thick smoothie
pour into a bowl
add chia seeds
top with berries
& sliced bananas

Coffee:
Cut back (or quit)

Water:
Drink lots!