

Meal Plan Fall 2011

		Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1	1					
	Bfast	Carrot Juice, Skillet Eggs	Grapefruit, Opa Eggs	Carrot Juice, Skillet Eggs	Grapefruit, Opa Eggs	Carrot Juice, Skillet Eggs
	Lunch	Chicken Salad on Lettuce	Almond Rolls and PBJ, cheese slices and fruit	Soup and Hot Dogs	Quesadillas and Fruit	Soup and Hot Dogs
	Snack	Muffin and Fruit	Grape Zip, and Muffin	Muffin and Fruit	Grape Zip, and Muffin	Muffin and Fruit
	Dinner	Steak and Veggies on Grill	Fajitas and Melon	Tuscan Bean Soup	Zucchini Lasagna	Pizza and Salad
Wk 2	2					
	Bfast	Carrot Juice, Skillet Eggs	Grapefruit, Opa Eggs	Carrot Juice, Skillet Eggs	Grapefruit, Opa Eggs	Carrot Juice, Skillet Eggs
	Lunch	Salmon Salad on Lettuce	Almond Rolls and PBJ, cheese slices and fruit	Soup and Hot Dogs	Quesadillas and Fruit	Soup and Hot Dogs
	Snack	Muffin and Fruit	Grape Zip, and Muffin	Muffin and Fruit	Grape Zip, and Muffin	Muffin and Fruit
	Dinner	Seafood and Veggies on Grill	Zucchini Spaghetti	Hamburgers and Salad	Curry Chicken on Apples, green veggie	Pizza

Meal Plan Fall 2011

Sat	Sun
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Smoothies	Smoothies
Pizza	Roast Chicken,
Nuts	Nuts
Burrito Bowls	Veggie Soup
Smoothies	Smoothies
Pizza	Roast Beef and Veggie
Nuts	Nuts
Burrito Bowls	French Onion Soup