

nutrition\_plan\_sample

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	<b>Breakfast:</b> oatmeal with bananas almonds, milk  <b>Lunch:</b> egg salad, sandwiches, carrots  <b>Supper:</b> red beans, rice, corn bread, milk	<b>Breakfast:</b> yogurt parfaits  <b>Lunch:</b> whole meal salad, canned peaches  <b>Supper:</b> crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	<b>Breakfast:</b> peanut butter toast, milk  <b>Lunch:</b> mexican chicken, soup, baked tortilla chips  <b>Supper:</b> meat and veggie mac, side salad, milk	<b>Breakfast:</b> cold cereal, milk, juice  <b>Lunch:</b> peanut buter sandwich, broccoli, kiwi  <b>Supper:</b> skillet lasagna, side salad, garlic bread	<b>Breakfast:</b> yogurt parfaits  <b>Lunch:</b> whole meal salad, canned peaches  <b>Supper:</b> crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	<b>Breakfast:</b> peanut butter toast, milk  <b>Lunch:</b> mexican chicken, soup, baked tortilla chips  <b>Supper:</b> meat and veggie mac, side salad, milk	<b>Breakfast:</b> oatmeal with bananas almonds, milk  <b>Lunch:</b> egg salad, sandwiches, carrots  <b>Supper:</b> red beans, rice, corn bread, milk
<b>Week 2 – 8</b>	more in the full plan						