

nutrition_plan

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

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Week 3	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: cold cereal, milk, juice Lunch: peanut buter sandwich, broccoli, kiwi Supper: skillet lasagna, side salad, garlic bread	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk
Week 4	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: cold cereal, milk, juice Lunch: peanut buter sandwich, broccoli, kiwi Supper: skillet lasagna, side salad, garlic bread

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Week 5	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: cold cereal, milk, juice Lunch: peanut buter sandwich, broccoli, kiwi Supper: skillet lasagna, side salad, garlic bread	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk
Week 6	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: cold cereal, milk, juice Lunch: peanut buter sandwich, broccoli, kiwi Supper: skillet lasagna, side salad, garlic bread

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Week 7	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: cold cereal, milk, juice Lunch: peanut buter sandwich, broccoli, kiwi Supper: skillet lasagna, side salad, garlic bread	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk
Week 8	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk	Breakfast: oatmeal with bananas almonds, milk Lunch: egg salad, sandwiches, carrots Supper: red beans, rice, corn bread, milk	Breakfast: yogurt parfaits Lunch: whole meal salad, canned peaches Supper: crispy salmon, patties with onion, lettuce, bread, milk, frozen fruit cups	Breakfast: peanut butter toast, milk Lunch: mexican chicken, soup, baked tortilla chips Supper: meat and veggie mac, side salad, milk	Breakfast: cold cereal, milk, juice Lunch: peanut buter sandwich, broccoli, kiwi Supper: skillet lasagna, side salad, garlic bread