

	Breakfast	Lunch	Dinner	Snacks
<b>Day 1</b>	<ul style="list-style-type: none"> <li>Whole Grain English Muffin with Almond Butter</li> <li>Skim Milk</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Luvo Roasted Cauliflower Mac and Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Slow-Cooker Vegetarian Lasagna</li> </ul>	<ul style="list-style-type: none"> <li>Sabra Classic Hummus Snack Pack</li> <li>Watermelon</li> <li>Halo Top Ice Cream</li> </ul>
<b>Day 2</b>	<ul style="list-style-type: none"> <li>El Monterey Simply Breakfast Egg, Turkey Sausage, and Cheese Breakfast Burrito</li> <li>Oikos Triple Zero Yogurt</li> <li>Orange</li> </ul>	<ul style="list-style-type: none"> <li>Vegan Santa Fe Veggie Burger on a Whole-Wheat Sandwich Slim</li> <li>Skim Milk</li> <li>Apple</li> </ul>	<ul style="list-style-type: none"> <li>Roast Chicken and Sweet Potato</li> </ul>	<ul style="list-style-type: none"> <li>Belvita Cinnamon Brown Sugar Mini Breakfast Biscuits</li> </ul>
<b>Day 3</b>	<ul style="list-style-type: none"> <li>Whole Grain English Muffin with Almond Butter</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Eating Well Gnocchi and Garden Vegetables (frozen meal)</li> <li>Red Grapes</li> <li>Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>Spiced Eggplant Lentil Salad with Mango</li> </ul>	<ul style="list-style-type: none"> <li>Halo Top Ice Cream</li> </ul>
<b>Day 4</b>	<ul style="list-style-type: none"> <li>Kashi Fruitful Whole Wheat Biscuits Cereal</li> <li>Skim Milk</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Eat Smart Asian Sesame Salad Bowl with Tyson Grilled and Ready Diced Chicken</li> <li>Apple</li> </ul>	<ul style="list-style-type: none"> <li>Creamy Avocado and White Bean Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Cottage Cheese</li> <li>Belvita Cinnamon Brown Sugar Mini Breakfast Biscuits</li> </ul>
<b>Day 5</b>	<ul style="list-style-type: none"> <li>Whole Grain English Muffin with Almond Butter</li> <li>Oikos Triple Zero Yogurt</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Vegan Santa Fe Veggie Burger on a Whole-Wheat Sandwich Slim</li> <li>Skim Milk</li> <li>Red Grapes</li> </ul>	<ul style="list-style-type: none"> <li>Caprese Stuffed Portobello Mushrooms</li> <li>Dole Sweet kale Chopped Salad Mix</li> </ul>	<ul style="list-style-type: none"> <li>Belvita Cinnamon Brown Sugar Mini Breakfast Biscuits</li> </ul>
<b>Day 6</b>	<ul style="list-style-type: none"> <li>Kashi Fruitful Whole Wheat Biscuits Cereal</li> <li>Skim Milk</li> <li>Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>Roasted Peaches and Blueberries</li> <li>Almonds and Walnuts</li> <li>Triple Zero Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Citrus Salsa Salmon</li> <li>Antioxidant Blend Vegetables</li> <li>Instant Brown Rice with one teaspoon butter</li> </ul>	<ul style="list-style-type: none"> <li>Belvita Cinnamon Brown Sugar Mini Breakfast Biscuits</li> </ul>
<b>Day 7</b>	<ul style="list-style-type: none"> <li>Whole Grain English Muffin with Almond Butter</li> <li>Skim Milk</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Roasted Peaches and Blueberries</li> <li>Almonds and Walnuts</li> <li>Triple Zero Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Fajita Style Quesadillas</li> <li>Glass of red wine</li> </ul>	<ul style="list-style-type: none"> <li>Watermelon</li> <li>Nature's Bakery Fig Bars</li> </ul>