

## Apr 14 – 20

Sun 14	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20
Breakfast <i>Oatmeal</i> <i>Fresh Fruit</i> <i>Mixed Nuts</i> <i>Dairy Free Milk</i>	Breakfast <i>Yogurt (dairy-free)</i> <i>Almond or coconut yogurt for dairy-free. Buy unsweetened and add honey or maple syrup.</i> <i>Fresh Fruit</i> <i>Mixed Nuts</i>	Breakfast <i>2 Eggs</i> <i>Avocado</i> <i>Siete brand grain-free wraps</i> <i>Wrap is optional</i>	Breakfast <i>Smoothie (Green)</i> <i>Smoked Salmon</i> <i>Add a protein boost to the smoothie such as nut butter, protein powder or collagen if salmon isn't your thing</i>	Breakfast <i>Granola</i> <i>Grain-free or Gluten-free granola are great.</i> <i>Yogurt (dairy-free)</i>	Breakfast <i>Birch Benders Pancakes.</i> <i>Birch Benders brand is almond based. You can make these ahead of time for fast reheat.</i> <i>Fresh Fruit</i>	Breakfast <i>Breakfast Sausage</i> <i>Sautéed Greens</i>
Lunch <i>Turkey Lettuce Sandwiches</i> <i>Simple Mills brand crackers</i> <i>Rice or nut based crackers are a good carb option</i>	Lunch <i>Super Tuna Salad</i> <i>Plantain chips</i>	Lunch <i>Garden Salad with Meat</i>	Lunch <i>Easy Chicken Soup</i> <i>Add noodles (brown rice ones are great).</i>	Lunch <i>Greek Salad</i> <i>Sweet potato chips</i>	Lunch <i>Wedge Salad with Bacon</i> <i>Simple Mills brand crackers</i>	Lunch <i>Lentil Soup</i> <i>Store bought can work. Try Amy's brand.</i>
Supper <i>Grilled Fish and Veggies</i> <i>Sweet Potato Fries</i>	Supper <i>Stir Fry (Chicken)</i> <i>Great place for rice.</i>	Supper <i>Paleo Chili (Instant Pot Friendly)</i> <i>This recipe uses sweet potato for starch.</i>	Supper <i>Squash with Ground Turkey</i> <i>Regular noodles are ok too. Brown rice noodles are a better choice.</i>	Supper <i>Asian Lettuce Wraps (Instant Pot Friendly)</i> <i>Quinoa</i>	Supper <i>Roasted Chicken with Roasted Veggies:</i> <i>Baked potato</i>	Supper <i>Taco Tuesday (anyday)</i> <i>Siete brand grain-free wraps</i>
Snacks <i>Smoothie (Green)</i> <i>Nut butter</i> <i>celery</i>	Snacks <i>Smoothie (Blue)</i> <i>Guacamole</i>	Snacks <i>Hummus</i> <i>Yogurt (dairy-free)</i>	Snacks <i>Sweet Potato Fries</i> <i>Larabar</i>	Snacks <i>Smoothie (Orange)</i> <i>Oatmeal</i>	Snacks <i>Pickles and Olives</i> <i>Nut butter</i> <i>celery</i>	Snacks <i>Larabar</i> <i>Fresh Fruit</i>