

MENU PLAN — WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Teriyaki Salmon Steamed Snap Peas Quinoa	Kale & Chickpea Soup Chicken with BBQ sauce & Root veggies Challah	Butternut Squash & Cauliflower Curry Whole wheat couscous	Hearty Minestrone Whole wheat Pizza	Taco Shepherd's Pie Green Salad	Leftover minestrone Pasta with Roasted Veggies	Minced Turkey with mixed veggies Oven jasmine rice
Dessert						
Sliced Canary Melon	Apple Crisp	Frozen Yogurt & Berries	Fruit Salad	Fruit Smoothies	Mixed Melon Bowl	Strawberries