

## Sample of My One Week Menu

<b>Sunday / snacks</b>	<b>Breakfasts</b>	<b>Lunches</b>	<b>Dinners</b>
Apples Almonds	Scrambled Eggs And Vegetables	Humus, veggie sticks, apple	Turkey Chili Steamed Vegetables
<b>Monday / snacks</b>  Veggie Sticks Zucchini sticks	Banana smoothie	Chicken salad, spinach, tomatoes	Stir Fry Night veggies, basmati rice quinoa, chicken,
<b>Tuesday</b>  High fiber snack bar	Fruit Salad	Leftovers from dinner bring to office	Fish Night:salmon, sweet potatoes, broccoli, mustard greens
<b>Wednesday</b>  Cashews Apple	Oatmeal with apple and Agave syrup	Quinoa Salad, soup, veggie sticks	Grill Night:chicken, roasted roots, brussel sprouts, steamed chard
<b>Thursday</b>  Apple, dried mango	Banana Smoothie	Leftovers from dinner bring to office	Salad Night: beans, ground beef/ chicken, carrots, spinach, romaine, dressing, etc.
<b>Friday</b>  Fruit and nut mix	Scrambled egg Breakfast n veggies	Hummus, veggie sticks, carrots, apple	Leftover Night- clean up what's in the fridge and a salad
<b>Saturday</b>  Apple, string cheese	Banana Smoothie	Lunch on the Go and snacks	Chicken Sweet Potato Curry, Broccoli salad