

	Breakfast	Lunch	Snack	Dinner
Mon	Strawberry Banana Steel Cut Oats	Hummus and Chicken Wraps	Apple Chips	Salmon, Roasted Sweet Potato, Green Beans
Tues	Salmon Frittata	Fruity Rice	Citrus Salad with Greek Yogurt	Asian Vegetable Salad
Wed	Cheesy Spinach Bites	Chef Salad	Trail Mix	Greek Stuffed Tomatoes with rice filling
Thurs	Strawberry Spinach Smoothie	Tuna Salad Sandwich	Cottage Cheese + Salsa on Crackers	Tuscan White Bean Stew
Fri	Steel Cut Oats + Berries	Veggie Wrap with Hummus	Almonds + Craisins	Rosemary Chicken with Roasted Vegetables