

SEPT 7-10

MONDAY, SEP 7



Sweet Green Pear Smoothie



Spinach Feta Quinoa Salad



Kiwi and Apple Slices



Chickpea Quinoa Pineapple Burgers

TUESDAY, SEP 8



Egg Tostada



Turkey Wrap with Edamame



Guacamole Tomato Boats



Chicken, Veggie and Rice Stir-fry

WEDNESDAY, SEP 9



Peachy Overnight Oats



Mixed Veggie Pasta Lunch



Sunflower Butter and Apples



Butternut Squash Lasagna

THURSDAY, SEP 10



Coco-Quinoa



Tuna Rice Bean Balls



Oven Roasted Cauliflower



Slow Cooker Zesty Chicken and Rice