

	Breakfast	Lunch	Snack	Dinner
Monday	Cinnamon Raisin Baked French Toast	Almond Butter and Strawberry Sandwich	Melon Salad	Crockpot Falafel
Tuesday	Overnight Swiss Oatmeal	Spinach and Feta Pasta	Berry Salad	Roasted Pork Tenderloin
Wednesday	Quinoa with Blueberries and Bananas	Fruit and Cabbage Salad	Mexican Potato	Baked Ziti and Summer Veggies
Thursday	Coconut Milk Raspberry Smoothie	Pita Lunchable	Quinoa Coconut Granola Bars	Slowcooker Spicy Chicken Lettuce Tacos
Friday	Blueberry Cream Cheese Toast	Crunchy Cucumber and Turkey Wrap	Pineapple Whip	Foil Baked Pesto Salmon

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