

	Breakfast	Lunch	Snack	Dinner
Monday	Strawberry Banana Roll-Up	Zippy Tuna Pocket	A Bear of a Snack	Tomato Ricotta Tart
Tuesday	Scramwich	Quinoa Fruit Salad	Beet-Citrus Salad with Pistachios	No-Bake Pizza
Wednesday	Raisin and Brown Sugar Oatmeal	Veggie Wrap	Cranberry and Dark Chocolate Muesli	Chicken Stroganoff
Thursday	Tu Tu-Rific Smoothie	Pizza Sushi	A Jungle for a Snack	Crockpot BBQ Ranch Beef Nachos
Friday	Better 4 U Grits	Leftovers!	Pinky Cheese	Salmon Cakes with Mixed Greens

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