

	Breakfast	Lunch	Snack	Dinner
Monday	Rise Up With Veggies	A Fruitful Lunch!	Nutty Snack	Easy Cherry Tomato Pasta
Tuesday	Muffin Tin Eggs	BLT Rollers	Rice Cakes with Nut Butter	Turkey Meatloaf with Cauliflower Potatoes
Wednesday	Oatmeal with Peaches	No-bread PB & J	Snacktime in the Orchard	Sweet Pulled Pork
Thursday	Mornin' Pumpkin!	Turkey Salad Roll	From the Garden Snack!	Not-From-A-Packet-Sloppy Joes
Friday	Omelet In a Bun	Veggie Pasta	Bell Peppers and Goat Cheese	Fish Sticks and Veggies

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- This shopping list to make these meals
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