

	Breakfast	Lunch	Snack	Dinner
Monday	Morning Couscous	Hummus & Sun Dried Pita	Orange N Cranapples	Broccoli Quiche
Tuesday	Crepe Like Omelet	Colorful Pasta Salad	Countdown Grapefruit	Sweet Potato Fajitas
Wednesday	Warm Wheatberry Breakfast	Peanut Butter and Hummus Fun Lunch	Chocolate Granola	Chicken Penne Broccoli Pasta
Thursday	Apple Pie Smoothie	Chicken Salad Wrap	Leftover Granola and Yogurt	Orange Spiced Pot Roast
Friday	Banana Oat Cookies	Tuna Bagel	Kale Smoothie	Salmon with Brussels Sprouts

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