

	Breakfast	Lunch	Snack	Dinner
Monday	Coconut Oatmeal	Avocado, Tomato, Wheat toast	Tofu Yogurt	Quinoa Pizza Bites
Tuesday	Freezer waffles & Hard boiled egg	Bean Salad	Almonds, Cranberries, and Cheese	Black Bean enchilada
Wednesday	Pecan, Banana Oats	Lunchtime Pasta	Hot Cocoa and grahams	Baked Tomato Risotto
Thursday	Power Boost Smoothie	Tuna Cracker and Veggies	Cowboy Caviar	Baked Cheesy Chicken
Friday	Pomegranate Parfait	Chicken Caesar Wrap	Pineapple Whip	Shrimp, black bean feta tacos

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