

	Breakfast	Lunch	Snack	Dinner
Monday	Strawberry Lane Oats	Bean Sprout Sandwiches	Strawberry and Mint	Grain-bow Dinner with Veggies
Tuesday	Lemon Blueberry Parfait	Zesty Quinoa	Sunflower Seeds and Veggie Sticks	Panda's Chicken Paella
Wednesday	Farro, Nuts, and Cranberries	Wrap with Deli Ham and Veggies	Cinnamon Oranges and Almonds	Easy Italian Chicken
Thursday	Raspberry Applesauce Smoothie	Barley Mexican Salad	Lemon Grahams	Stuffed Shells
Friday	Egg My Muffin	Homemade Lunchable	Dried Almonds and Apples	Salmon with Balsamic Sauce

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- This shopping list to make these meals
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