

	Breakfast	Lunch	Snack	Dinner
Monday	Taste of the Tropics Oatmeal	Santa Fe Turkey Sandwich	Cheery Cherries	Lettuce Wraps
Tuesday	Grapefruit & Eggs	Lunch Kebabs	Peas & Corn Feta Salsa	Feta Chicken
Wednesday	Pancake Panini	Turkey Pasta	Gorilla Granola	Dragon Tails & Chicken Pasta
Thursday	Grapefruit Smoothie	Turkey Lettuce Wraps	Footprints on Celery	Slow Cooked Herb Pork
Friday	Wake Up to Waffles	Make it Simple Tuna Wraps	Stuffed Strawberries	Tapping Tilapia

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- This shopping list to make these meals
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