

	Breakfast	Lunch	Snack	Dinner
Monday	Blueberry Ricotta Pancakes	Thai Pockets	Fruit Sticks (Rainbow)	Black Bean Burgers
Tuesday	Breakfast Burrito Bites	Tortellini Pizza Pasta	Finger Salads	Texas Tacos
Wednesday	Apple Sundae Breakfast	Rustic Grilled Cheese	Basic Granola Bar	Dragon Tails and Chicken Pasta
Thursday	Basic Green Smoothie	Healthable Lunchable	Cottage Cheese and Fruit	Springalicious Asparagus Soup
Friday	Breakfast Bagel and Fruit	Green Pea Pesto	Fruit-n-Nuts	Oven Top Salmon and Brussels Sprouts

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- This shopping list to make these meals
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