

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Very Berry Overnight Oats topped w/ 2 Tbsp seeds Sheet Pan Breakfast topped w/ an egg 1G ½P 1R 2Y 1O 1🥄	Apple Cinnamon Overnight Oats w/ 2 tsp nut butter Sheet Pan Breakfast topped w/ an egg 1G ½P 1R 2Y 3½🥄	Very Berry Overnight Oats Sheet Pan Breakfast topped w/ an egg 1G ½P 1R 2Y 1🥄	Apple Cinnamon Overnight Oats w/ 2 tsp nut butter Sheet Pan Breakfast topped w/ an egg 1G ½P 1R 2Y 3½🥄	Very Berry Overnight Oats topped w/ 2 Tbsp seeds Sheet Pan Breakfast topped w/ an egg 1G ½P 1R 2Y 1O 1🥄
Snack	Protein shake w/ 1 c. berries, 2 tsp nut butter OR 2 Hard boiled Eggs & Apple w/ 2 tsp nut butter 1R 1P 2🥄	Protein shake w/ 1 c. berries and 2 Tbsp seeds OR ¾ c. Greek yogurt w/ 2 Tbsp seeds 1R 1P 1O	Protein shake w/ 1 c. berries, 2½ tsp nut butter OR 2 Hard boiled Eggs & Apple w/ 2½ tsp nut butter 1R 1P 2½🥄	Protein shake w/ 1 c. berries and 2 Tbsp seeds OR ¾ c. Greek yogurt w/ 2 Tbsp seeds 1R 1P 1O	Protein shake w/ 1 c. berries OR 2 Hard boiled Eggs & Apple 1R 1P
Lunch	Chicken Veggie Ranch Mason Jar Salad (w/o optional cheese) 1 lg. banana w/ 1½ tsp nut butter 2G 1R 2P 1½🥄	BLT Mason Jar Salad 1 lg. banana w/ 1½ tsp nut butter 2G 1R 2P 1½🥄	Chicken Veggie Ranch Mason Jar Salad (w/ optional cheese) 1 lg. banana w/ 2 tsp nut butter 2G 1R ½B 2P 2🥄	BLT Mason Jar Salad 1 lg. banana w/ 1½ tsp nut butter 2G 1R 2P 1½🥄	Leftover Baked Ziti 1 lg. banana w/ 2½ tsp nut butter 1 c. Roasted Broccoli w/ ½ tsp olive oil 2¼G 1R 1Y 1B 3🥄 2P
Snack	1½ c. Raw Veggies 8 whole grain crackers 1½G 1Y	1⅓ c. Raw Veggies w/ ⅓ c. Mashed Avocado 8 whole grain crackers 2 Hard boiled eggs 1⅓G 1Y ½B 1R	1 c. raw veggies 2 Hard boiled eggs 1G 1R	¾ c. Raw Veggies 8 whole grain crackers 2 Hard boiled eggs ¾G 1Y 1R	1¼ c. Raw Veggies 1¼G
Dinner	Pulled Pork w/ Maple BBQ Sauce (2 svgs) with Butternut Squash Mac and Cheese 1 c. Roasted Broccoli w/ ½ tsp olive oil 1½G 2R 1Y 1B 1½🥄	Flank Steak Tacos topped w/ ⅓ c. avocado and 1 c. side salad w/ squeeze of lemon + ½ tsp oil 1⅓G 1R 1Y ½B 1🥄	Instant Pot Caprese Chicken w/ 1 c. green beans and ½ c. brown rice 2G 1R 1Y ½B ½🥄	Baked Ziti (Add cheese to make full blue) 1 c. Roasted Broccoli w/ ½ tsp olive oil 2¼G 1R 1Y 1B 1🥄	Asian Chicken (2 svgs) w/ 1½ c. green beans and ½ c. brown rice 1½G 2R 1Y 2🥄
Snack	Whipped Ricotta w/ ½ c. of your fave fruit ½P 1R	Whipped Ricotta w/ ½ c. of your fave fruit ½P 1R	Treat Swap and ¾ c. Greek Yogurt w/ ½ c. berries, 2 Tbsp seeds 1R ½P 1O 1Y	Whipped Ricotta w/ ½ c. of your fave fruit ½P 1R	Whipped Ricotta w/ ½ c. of your fave fruit ½P 1R