



Meal Idea Chart

	Breakfast	Lunch	Dinner
Monday	Omelette	Pasta	Chicken
Tuesday:	Eggs	Egg Salad	Stir Fry
Wednesday:	Oatmeal	Hummus w/raw veggies	Fish
Thursday:	Yogurt & Fruit	PBJ	Casserole
Friday:	Cereal with Fruit	Soup w/grilled cheese	Pizza
Saturday:	Pancakes	Yogurt w/granola	Crock Pot
Sunday:	waffles	Salad with fruit	Mexican