

<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>- Granola and yogurt</li> <li>- Pancakes and fruit</li> <li>- Eggs and toast</li> <li>- Muffin or quick bread and fruit</li> </ul>	<p><b>Snacks</b></p> <ul style="list-style-type: none"> <li>- Smoothie</li> <li>- Berries, or grapes and nuts</li> <li>- Peanut butter yogurt fruit dip with fruit</li> <li>- Homemade granola bars</li> <li>- Energy balls</li> <li>- Sugar-free Dried fruit</li> <li>- Raw veggies with dip</li> <li>- Cheese and crackers</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>- Grilled Cheese with cucumber</li> <li>- Salad with egg and cheese</li> <li>- Turkey spinach meatballs and sweet potato fries</li> <li>- Chicken nuggets and fries with veg of choice</li> <li>- Ham sandwiches or wraps</li> <li>- Crackers with PB&amp;J, raw veggies</li> </ul>
<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>-Curry chicken stir fry with brown rice</li> <li>-Chicken bok choy one-pot pasta</li> <li>-Summer vegetable pasta salad with pork chops</li> <li>-Fried rice</li> <li>-Crock pot Roast beef with potatoes, onions and carrots</li> <li>- Pulled pork with coleslaw and homemade biscuits</li> </ul>	<ul style="list-style-type: none"> <li>- Burrito bowls</li> <li>- Chili</li> <li>- Crock Pot chicken pot pie stew</li> <li>- Chicken drumsticks, corn on the cob, and salad</li> <li>- Creamy chicken pasta with bacon and broccoli</li> <li>- One pot Mexican Quinoa</li> <li>- Ham and bell pepper cauliflower "alfredo" pasta</li> </ul>	<ul style="list-style-type: none"> <li>- Baked chicken with Mashed potatoes and steamed veg or salad</li> <li>- Chicken Parmesan with whole wheat pasta and veg loaded sauce</li> <li>- Beef and Broccoli stir fry with brown rice</li> <li>- Sweet and Sour Pork with mixed vegetables</li> <li>- Turkey burgers and zucchini fries</li> <li>- Sausage Pepper Mushroom hash</li> <li>- Mushroom Risotto with chicken breast</li> </ul>