

# Menu #1

## Monday

b- oatmeal w/ apple, raisins, walnuts, almond butter, and maple syrup

l- tuna w/[spicy feta and bell pepper salad](#)

d-[turkey chili](#)

## Tuesday

b- egg and toast w/ fresh fruit

l- turkey chili

d- vegetable stir fry w/ jasmine rice

## Wednesday

b- oatmeal w/ mango, toasted coconut, seeds, pecans, and maple syrup

l- vegetable stir fry

d- <http://oneishungry.com/2013/05/22/hot-wings-and-the-state-of-things/>

## Thursday

b-crackers with avocado and smoked salmon, fresh fruit

l- hot wings

d-balsamic glazed portobello mushroom, asian mango slaw, and sweet potato fries

## Friday

b- blueberry oatmeal or [granola parfait](#)

l- mushroom, slaw, and fries

d- shepherds pie

## Saturday

b- brunch date!

d- shepherds pie

## Sunday

b- granola parfait

l- lunch date!

d- [green salad w/ white beans, boiled egg, and champagne vinaigrette](#)

## Snack Ideas

-clementines  
-raw or roasted almonds with raisins  
-dark chocolate  
-apple or banana slices with unsweetened almond butter

b= breakfast, l= lunch, d= dinner