

MEAL PLAN	Breakfast	Lunch	Snack	Dinner
Day 1	*Steel-cut oats & raisins	*Greek salad, apple slices, cookies	*Salsa & corn chips	*Sushi Bowl, edamame
Day 2	Pancakes, apple slices	Cottage cheese, sunflower seeds, sliced pear	*Guacamole & corn chips	Roast chicken, boxed couscous, frozen peas, *brownies
Day 3	4-egg scramble with grated cheddar, toast	ALT sandwich: avocado, lettuce, tomato and cheddar; apple slices	Trail mix: peanuts, sunflower seeds, raisins, cereal (M & Ms or chocolate chips!)	*Chickpea, potato and tomato Stew, pita bread, *brownies
Day 4	Cereal & raisins, milk	Peanut butter, banana & honey sandwich; sliced pears; cookies	*Cheese quesadilla	*Pad Thai, *mango smoothie
Day 5	3/4-cup yogurt, granola, grated apple & sunflower seeds	Tortilla roll up: *hummus, cucumber, grated carrot & olives	*Peanut-butter dip, sliced apples, graham sticks	Pizza; *Greek salad, *brownies
Day 6	Cereal & raisins, milk	Peanut butter & jam sandwich, sliced pear	Dried apricots & sliced cheddar	Leftovers, *brownies
Day 7	Toast, butter & jam	Leftovers, sliced apple, cookies	*Popcorn and kefir	Breakfast for dinner: pancakes, *PBB smoothie

\*Means recipe provided. Kids won't eat what you make? Happens all the time. I offer mine PBJs, which they can make themselves, or ma

