

Fresh Food Menu

January 2018

Breakfast

Lunch/Snacks

Dinner

Day 1: Oatmeal

Broccoli Salad*

Chicken Fajitas, mango salsa*, guacamole* on a romaine leaf for the wrap

Day 2: Banana Egg Pancake*

Baked Sweet Potato with butter, honey, and cinnamon

Grilled wild caught salmon with mango salsa, quinoa, and asparagus

Day 3: Banana Quinoa Oatmeal* (use left over quinoa from Day 2 dinner)

Sliced Green Apple with Almond Butter

Left overs or Fish Stew*

Day 4: Grapefruit

Spinach salad with strawberries and sliced almonds

Baked potato bar with butter, broccoli, green onions

Day 5: Granola*

Smoothie with spinach or kale

Grilled steak with mushrooms and green beans* with slivered almonds

Day 6: Chia Parfait*

Boiled Eggs

White Bean and Cabbage Soup*

*Recipe attached