

## Sample Menu Plan

### Example 1

Remember - these are just suggestions. Be mindful of your uniqueness and be sure to consider the timing of your games and practices in the planning of your meal times



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Omelets with bison sausage, spinach, tomato, onions and mushrooms, + spelt toast with almond butter	Kamut Crisp cereal with Highwood Crossing Granola, whole organic milk, and spelt toast with Almond Butter	Spolumbos Chicken and apple sausage, small handful of almonds, and 1/2 a grapefruit	Poached eggs and bison breakfast sausages with 1/2 whole grain bagel	Highwood Crossing Granola with Yogurt, spelt toast with almond butter, and a pear	Wheat free whole grain waffles with yogurt or almond butter	Kamut Crisp cereal with Highwood Crossing Granola, whole organic milk, and spelt toast with Almond Butter
Snack	Apple and Almonds	Whey protein and berry smoothie	small meal replacement protein bar	Celery sticks with almond butter and raisins	1/2 whole grain bagel with white cheddar cheese	small fruit salad with granola and yogurt	small meal replacement protein bar
Lunch	Minestrone soup with meat balls, Greek salad	Turkey Wrap with feta cheese, Spectrum Mayo, red peppers, sprouts, and spices, + blackberries with yogurt	Falafels, tzatziki sauce, steamed jasmine rice, and olives	Meatloaf sandwich on spelt bread with kale, tomato, white cheddar cheese, and Dijon mustard	Turkey and vegetable soup and 4-bean salad	Turkey sandwich on spelt bread with tomato, white cheddar, sprouts, and spinach plus yogurt and berries	Left-over turkey stir fry from Thursday plus an apple
Snack	Kashi Crackers with Cream Cheese	1/2 whole grain bagel with white cheddar cheese	small fruit salad with granola and yogurt	Rice crackers with Gouda cheese	Whey protein and frozen mango smoothie	Small spinach salad with broccoli and mushrooms	Peanut butter and banana sandwich on spelt bread
Dinner	Roast Turkey, stir fry green vegetables, kale, tomato, and cucumber salad with oil and vinegar dressing	Chili on baked potato with white cheddar cheese on top + spinach salad (mushrooms, cucumber, and broccoli)	Meatloaf, sautéed carrots, asparagus and onions, plus kale, tomato, and raw carrot salad	Turkey and vegetable soup (leeks, onion, carrots, celery with leaves, rutabaga) made from boiling Turkey Carcass from Sunday night	Thai turkey stir-fry from left-over turkey, onions, snow peas, watercress, peanuts and cilantro with Thai peanut sauce, on Asian egg noodles, with steamed broccoli and carrots	Broiled salmon filet with stir fry vegetables (broccoli, onion, carrots, and snow peas) and wild rice	Taco salad on organic blue corn tortilla chips with ground bison, low sodium taco seasoning, tomatoes, white cheddar cheese, olives, onions, refried beans, guacamole, and lettuce.