

## Sample Menu Plan

### Example 2

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
<b>Breakfast</b>	Bob's red Mill 12 Grain pancakes with real organic maple syrup plus egg fried in coconut oil	Granola with whole organic milk, berries, and bison breakfast sausage	Free range bacon, eggs, Kamut Toast with butter and an apple	Whole milk yogurt blended with whey protein, banana, and berries	Whole grain, non-wheat waffles with yogurt or hazelnut butter	Organic oatmeal with whole organic milk, banana, walnuts, and raisins	Poached eggs with Kamut toast and hazelnut butter
<b>Snack</b>	celery sticks with hazelnut butter and raisins	apple and almonds	fruit salad with plain yogurt	Swiss or mozzarella cheese on rye-crisp crackers	Kamut bread, hazelnut butter and banana sandwich	Hard Boiled egg and pickles	fruit salad with plain yogurt
<b>Lunch</b>	Cheese sandwich with tomato, lettuce, onion, pickle, spectrum mayo on Kamut bread, plus steamed zucchini with butter	Dark or light tuna salad made with tomato, artichoke hearts, celery, lettuce, olive oil, fresh lemon juice and toasted Manna bread	Sandwich - Left over trout with corn, mixed in spectrum mayo, on Kamut bread, plus pickles	Chicken salad sandwich on Kamut bread, spectrum mayo, chopped tomato, onion, celery, sprouts, and a pear	Left-over beef and barley soup with an orange	Meat stuffed baked ravioli with meat sauce with parmesan cheese	Left-over Cornish game hens and rice
<b>Snack</b>	nuts and raisins	Bison pepperoni stick	Peanut Butter and sugar free fruit preserve on Kamut bread	celery sticks with hazelnut butter and raisins	granola and whole milk yogurt	Kashi crackers with cream cheese	Blue Corn Organic Tortillas with Salsa
<b>Dinner</b>	Roast Beef, beets, beet greens with butter, spinach salad with thin sliced raw onion rings, rye croutons, olive oil and vinegar	Broiled Trout with steamed corn and butter, romaine lettuce, chopped cucumber, green pepper, olives, tomato, lemon juice and olive oil	Stir fry from left over beef from Sunday, snow peas, peppers, cashews, sprouts, and Thai peanut sauce on rice vermicelli noodles plus berries for dessert	Beef, barley, and vegetable soup (leeks, carrots, onions, parsnips, and cauliflower) with crab cakes	Cornish game hen with wild rice stuffing, steamed asparagus with butter, and salad from lettuce, tomato, radish, onion and olive oil and vinegar (let hens cook through day in crock pot)	Broiled Halibut steak, baked spaghetti squash, steamed broccoli, quinoa and butter	BBQd chicken breasts plus veggie kebabs (tomato, peppers, mushrooms, and zucchini)