

Sample Menu Plan

Example 3

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	Chicken breast and spinach omelet with Swiss cheese and Ezekiel bread toast	Heritage Os Cereal with whole organic milk, and raspberries	Scrambled eggs with Ezekiel toast	Fruit salad with granola and yogurt	Heritage Os Cereal with whole organic yogurt, and frozen blueberries	Fried eggs, olives, and Ezekiel toast	Organic Sunny Boy hot cereal with pecans, raisins and sucanut for sweetener
Snack	Rice Crackers with gouda cheese and pickles	Raw broccoli and cauliflower	Valencia peanut butter on celery sticks	Organic Protein bar	apple and hazelnuts	rice cake with cream cheese	Olives and pickles with Kashi Crackers
Lunch	Falafels, tzatziki sauce, steamed jasmine rice, and olives	Left over leg of lamb and rice with rice and raw carrot sticks	Salmon sandwich made with Ezekiel bread, spectrum mayo, and lettuce with white cheddar cheese	Left over minestrone soup	Cheese sandwich with tomato, lettuce, onion, pickle, spectrum mayo on Ezekiel bread, plus small fruit salad	Ezekiel bread, hazelnut butter and banana sandwich	left over spaghetti
Snack	pear and Swiss cheese	Left over falafels with tzatziki sauce	Whey protein shake made with whole milk and frozen blueberries	Celery sticks with pate or cream cheese	Raw spinach dipped in Hummus	thin slice 100% rye Manna bread with Valencia peanut butter	Bison pepperoni stick
Dinner	Leg of lamb, basmati rice, corn on the cob with butter, mixed greens salad with onions, olive oil and vinegar	BBQd pork chops and veggie kebabs (zucchini, sweet potato) and baked millet and butter	Minestrone Soup made with left over lamb and Spelt penne pasta	Salmon, steamed asparagus, and thin sliced Ezekiel toast with butter	Spelt Spaghetti with meat balls and raw broccoli and carrots	Ground beef and egg noodle casserole with mixed greens salad raw carrots and organic buttermilk ranch dressing	Bison burgers on whole wheat buns with lettuce, onion, white cheddar cheese, and marinated vegetable salad (deli)