

Sample Menu Plan

Example 4

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	Fried Egg Sandwich on Squirrely bread	Kamut Crisp cereal with Highwood Crossing Granola, whole organic milk, and spelt toast with Almond Butter	Scrambled eggs with mushrooms, white cheddar cheese, peppers, and oregano	Wheat free, whole grain waffles with plain yogurt and cinnamon	Organic oatmeal with whole organic milk, banana, walnuts, and raisins	Omelet with bison sausage, mushrooms, white cheddar cheese, and peppers, with Squirrely toast with butter	Fruit salad, Highwood Crossing Granola, and plain whole milk yogurt
Snack	Organic Protein bar	Cheese sandwich with Squirrely bread	Rice cakes with Almond Butter	Celery sticks with pate or cream cheese	Feta cheese and olives with 100% rye crackers	Rice crackers and feta cheese	Yogurt and berries
Lunch	Pita with tuna, spectrum mayo, tomato, and cucumber	Meat stuffed baked ravioli with meat sauce with parmesan cheese	coleslaw salad with leftover chicken breast	Chicken breast sandwich with mustard and tomato, plus watermelon	Left over Split Pea Soup	Falafels, tzatziki sauce, steamed jasmine rice, and olives	Meatloaf sandwich on Squirrely bread with tomato, white cheddar cheese, and Dijon mustard
Snack	rice cake with cream cheese	Granola with yogurt	Organic black bean and garlic tortilla chips with guacamole	Whey protein shake mixed in whole organic milk with frozen mango and frozen raspberries	Heritage Os Cereal with whole organic milk	Organic Protein bar	Organic black bean and garlic tortilla chips with salsa and sour cream
Dinner	Baked Ham Leg with bone, baked potato with sour cream, and coleslaw salad	BBQd Chicken breast, sweet potato, and Kale salad with tomato and rye croutons	Split Pea soup from ham bone and Squirrely bread with butter	BBQd sirloin steak with BBQd potatoes and Veggie Kebabs (zucchini, carrots, and tomatoes)	Meatloaf, sautéed carrots, asparagus and onions, plus kale, tomato, and raw carrot salad	Chicken fettuccini with organic whole grain pasta plus mixed greens salad with broccoli and cucumber, with olive oil and vinegar	Broiled Salmon, steamed green beans, quinoa and butter, plus spinach salad with sliced olives and vinaigrette dressing