

Week One Menu

MONDAY

AM Snack: plain yogurt (sweetened/flavored with maple syrup, vanilla and cinnamon), homemade granola (honey-free), banana. (v. coconut yogurt)

Lunch: lentil pasta with marinara, steamed broccoli, apples

PM Snack: hippeas, bell peppers, hummus

TUESDAY

AM Snack: cucumber, sunbutter, raisins

Lunch: avocado toast with tomatoes, eggs (v. black beans), oranges

PM Snack: string cheese (v. hummus), snap peas, pretzels

WEDNESDAY

AM Snack: overnight oats with chia seeds, strawberries

Lunch: sweet potatoes, chili, banana

PM Snack: edamame, bagel with cream cheese (v. plant-based cream cheese)

THURSDAY

AM snack: seaweed, grapes

Lunch: peanut butter (n. sunbutter) and banana sandwiches, hard-boiled eggs, broccoli, ranch (v. plant-based ranch), apples

PM Snack: wheat crackers, tomatoes, cheddar cheese (v. plant-based Babybel *not organic)

FRIDAY

AM Snack: carrots, hummus, oranges

Lunch: chicken (v. kidney beans), garlic risotto with sage, roasted cauliflower, applesauce

PM Snack: baked tortilla chips with guacamole, strawberries

Week Two Menu

MONDAY

AM Snack: bagel with cream cheese (v. plant-based cream cheese), blueberries

Lunch: butternut squash ravioli (v. Amy's Organic Ravioli), peas, melon

PM Snack: cucumber, hummus, crackers

TUESDAY

AM Snack: carrots, string cheese (v. hummus)

Lunch: french toast (v. toast with sunbutter), maple syrup, cottage cheese (v. coconut yogurt), grapes

PM Snack: zucchini bread, apples

WEDNESDAY

AM Snack: graham crackers (v. organic "teddy grahams"), peanut butter (n. sunbutter), banana

Lunch: grilled cheese sandwiches (v. plant-based cheese), tomato soup, blueberries

PM Snack: snap peas, hummus, raisins/banana chips/dried mango

THURSDAY

AM snack: cucumber, ranch (v. plant-based ranch), cheddar bunnies (v. hippeas)

Lunch: quinoa/black bean/corn pilaf, melon, banana-chia muffins

PM Snack: strawberry banana smoothie (dairy free) with spinach, pea crisps

FRIDAY

AM Snack: steamed green beans, graham crackers (v. organic "teddy grahams")

Lunch: charcuterie board (cheese, crackers, grapes, olives, salami, pepperoni, peppers, tomatoes, beet hummus, ranch) (v. baked tofu nuggets, same fruits and vegetables)

PM Snack: apple nachos (apples, melted peanut butter (n. sunbutter), plant-based mini chocolate chips, homemade granola)

Week Three Menu

MONDAY

AM Snack: veggie straws, pears

Lunch: pea orzo with parmesan (v. omit parmesan), cannellini beans with kale, oranges

PM Snack: snap peas, string cheese, crackers

TUESDAY

AM Snack: chia pudding sweetened with maple syrup (v. oat milk chia pudding), raspberries

Lunch: pancakes with hemp hearts, scrambled eggs (v. Just Eggs), banana

PM Snack: bell peppers, pea crisps

WEDNESDAY

AM Snack: oranges, pita chips

Lunch: lentils with kale and carrots, cesar salad (v. plant-based cesar dressing), baked bread

PM Snack: homemade granola bars with pumpkin seeds, cottage cheese (v. coconut yogurt)

THURSDAY

AM Snack: carrots, rice cakes with organic cocoa hazelnut spread (n. agave)

Lunch: chicken and black bean quesadilla (v. plant-based cheese, omit chicken), sour cream (v. plant-based sour cream) avocado, tomatoes

PM Snack: veggie straws, snap peas, ranch (v. plant-based ranch)

FRIDAY

AM Snack: cucumbers with peanut butter (n. sunbutter), pea crisps, raisins

Lunch: oatmeal buffet (pumpkin seeds, coconut sugar, maple syrup, raspberries, hemp hearts, dye-free sprinkles)

PM Snack: blueberry flax muffins

Week Four Menu

MONDAY

AM Snack: toast with cream cheese (v. plant-based cream cheese) and strawberries

Lunch: rainbow (peas, broccoli, red peppers) macaroni and cheese (v. plant-based macaroni and cheese with same vegetables), melon

PM Snack: cucumbers, peanut butter and banana tortilla rolls (n. sun butter)

TUESDAY

AM Snack: frozen yogurt bark (topped with fruit and oats)

Lunch: ham and cheese frittata (v. sun butter and banana sandwich), zucchini, grapes

PM Snack: pumpkin muffins

WEDNESDAY

AM Snack: apples, sunflower seeds, cheddar cheese (v. peanut butter)

Lunch: yam bisque topped with sour cream (v. plant-based sour cream) rosemary and pumpkin seeds, edamame, toasted bread

PM Snack: avocado deviled eggs (v. coconut yogurt with granola), mozzarella and tomato skewers (v. plant-based feta *not organic)

THURSDAY

AM Snack: steamed asparagus, crackers

Lunch: pita, hummus, tomatoes, feta (v. plant-based feta *not organic), cucumbers, rice balls, melon

PM Snack: grapes, sweet potato fries, ketchup

FRIDAY

AM Snack: banana chips, blueberry waffle

Lunch: build-your-own-pizza (english muffins, sauce, cheese, olives, pineapple), corn

PM Snack: applesauce with cinnamon, homemade trail mix (sliced almonds, cranberries, "organic o's", plant-based chocolate chips, golden raisins, plant-based cheddar crackers)(n. toast with sun butter or cream cheese)