



MENU INDEX

<p>1. B: Bacon & Egg Cups L: Coconut Milk Yogurt Parfait D: Baked Chicken, Sweet Potatoes & Kale <i>*Make meat stock</i></p>	<p>2. B: Sweet Potato Pancakes L: Cobb Salad D: Baked Salmon, Roasted Veggies <i>*Make ranch & coconut milk</i></p>	<p>3. B: Poached Eggs w/ Veggies L: Stuffed Sweet Potatoes D: Taco Salad <i>*Make sauerkraut & pickles</i></p>	<p>4. B: Smoothie L: Nut Butter Roll-Ups & Apple D: Pizza <i>*Make butternut squash soup</i></p>	<p>5. B: Biscuits & Gravy L: Butternut Squash Soup D: Mahi Mahi w/ Cucumber Cilantro Sauce <i>*Make kale chips & granola</i></p>	<p>6. B: Yogurt & Granola L: Salami, Kale Chips & Avocado D: Steak & Salad</p>
<p>7. B: Egg Muffins L: Salmon Salad D: Stuffed Chicken Breast & Green beans <i>*Make pate</i></p>	<p>8. B: Pumpkin Porridge L: Plantains w/ Pate & Sauerkraut D: Grilled Halibut w/Cilantro Cauli- Rice <i>*Marinate lamb</i></p>	<p>9. B: Spinach Scramble L: Granola w/ Coconut Milk D: Lamb Kebobs & Walnut Salad <i>*Make sausage</i></p>	<p>10. B: Sausage & Avocado L: Lemony Kale Salad D: Stuffed Bell Pepper <i>*Marinate jerky *Soak lentils</i></p>	<p>11. B: Omelet L: Smoothie & Trail Mix D: Asian Salmon w/ Lentils & Sauerkraut <i>*Make ranch *Dehydrate jerky</i></p>	<p>12. B: Pumpkin Pancakes L: Jerky, Veggies w/ Dip D: Summer Stir Fry</p>
<p>13. B: Summer Squash Scramble L: BBQ Chicken Lettuce Wraps D: Grilled Steak, Artichokes & Aioli <i>*Make BBQ sauce</i></p>	<p>14. B: Fried Eggs & Sweet Potato Hash L: Bell Pepper Sandwich D: Cucumber Soup</p>	<p>15. B: Frittata L: BBQ Chicken Salad D: Steak Roll w/ Creamed Spinach <i>*Make coconut flour bread</i></p>	<p>16. B: Banana Pancakes L: Bruschetta D: Chicken Thighs w/ Steamed Veggies</p>	<p>17. B: Blueberry Nut Balls L: Deviled Eggs over Arugula D: Red Snapper w/ Asparagus</p>	<p>18. B: Quiche L: Sausage Sammies D: Beef Brisket w/ Slaw</p>
<p>19. B: Poached Eggs w/ Tomato & Basil L: Spinach Salad D: Fish Tacos w/ Butternut Squash Fries</p>	<p>20. B: BLTA L: Greek Salad D: Burgers</p>	<p>21. B: Green Eggs & Chicken Sausage L: Fried Rice D: Hot wings w/ Raw Veggies</p>	<p>22. B: Smoked Salmon & Eggs L: Bacon Avocado Sammies D: Fish Sticks</p>	<p>23. B: Asparagus Frittata L: Sliders D: Lamb Shanks & Grilled Vegetables <i>*Make bread</i></p>	<p>24. B: Stir-fried Kale & Bacon L: Avocado Sandwich D: Coconut Curry <i>*Make tortillas2x</i></p>
<p>25. B: Hard Boiled Eggs & Sliders L: Nut butter Rollups, Berries D: Shrimp Skillet & Kale Salad</p>	<p>26. B: Breakfast Pizza L: Dolmas D: Stuffed Acorn Squash <i>*Make broth</i></p>	<p>27. B: Blueberry Muffins L: Spinach Tomato Tart D: Chicken Enchiladas</p>	<p>28. B: Breakfast Burrito L: Smoothie Pops D: Ratatouille</p>	<p>29. B: Crustless Quiche L: Zoodles w/ Butter Sauce D: Salmon Burgers w/ Tomato Salad <i>*Bake chicken</i></p>	<p>30. B: Sausage & Sautéed Spinach L: Chicken Salad D: Lamb Roast & Fried Okra</p>



