ALL MEALS ARE TO BE REFRIGERATED UNTIL USE - food should not sit on the counter for more than 4 hours at room temperature

**Breakfast: Parfait**
Macerated Fruit w. Local Yogurt, Granola, & RIPE Orange Juice
- 1 family sized bowl of berries & melon tossed in maple sugar
- 4 local Stani Yogurt cups
- 16 oz homemade granola w. no nuts
- 4 ea 12 oz RIPE orange juice bottles
- 1 4oz portion cup, 1 2 oz portion cup

Instructions: HAVE FUN! We put 4 oz berries at the bottom of the bowl, lay 2 oz of granola over the berries, followed by all the yogurt. Top the yogurt with 4 more oz. of berries and 2 more oz. of granola

**Dinner 1: Roast Chicken Dinner**
3.5lb Chicken (bone in) w. Chilled Quinoa Tabbouleh, Roasted Lemony Carrots, and Carrot Cake
- 2 trays (half chicken each) of roasted breast, thigh, wing, and leg
- 1 bowl chilled quinoa tabbouleh w. parsley, lemon zest, tomatoes, and cucumber
- 1 bowl lemony carrots
- 4 slices of carrot cake

Instructions:
- Preheat the oven to 400F
- Take lids off of roasted chicken and place tray in oven for 15 minutes
- Take lid off of lemony carrots and place bowl in oven for 6 minutes
- Remove lid from quinoa tabbouleh and it is ready to serve in a bowl
- Enjoy your meal! When you are done, dive into the carrot cake - be sure to share!

**Dinner 2: Carolina Pork BBQ**
1.75 lb Pulled Pork tossed in Carolina BBQ Sauce w. Homemade Sesame Milk Rolls, sweet baked beans, and creamy cabbage slaw
- 2 trays (half chicken each) of roasted breast, thigh, wing, and leg
- 1 bowl chilled quinoa tabbouleh w. parsley, lemon zest, tomatoes, and cucumber
- 1 bowl lemony carrots
- 4 slices of carrot cake

Instructions:
- Preheat the oven to 400F
- Take lids off of roasted chicken and place tray in oven for 15 minutes
- Take lid off of lemony carrots and place bowl in oven for 6 minutes
- Remove lid from quinoa tabbouleh and it is ready to serve in a bowl
- Enjoy your meal! When you are done, dive into the carrot cake - be sure to share!