

The Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pumpkin Spice Oatmeal	Grapefruit + Yogurt parfait	Lox n' Roll	Very Berry Oatmeal	Pumpkin Pie Parfait	Sunny side-up Farmer's market Hash	Banana Bread Oatmeal
Lunch	Orange, Beet + Walnut Salad with Honey + Basil	Veggie Frittata with Caprese Salad	Mediterranean Salad	Indian Stuffed peppers	DIY sushi rolls	Falafel with Tabbouleh + Hummus	Open-faced California Burger
Dinner	Chickpea Ratatouille over Grains	Indian Spiced Stuffed peppers	Korean Eggplant Tacos	Falafel with Tabbouleh + Hummus	Chickpea Crust Pizza	Curried Cauliflower + Sweet Potatoes with Jeweled Grains	Shitake Miso Soup with Scallion Pancakes

Snacks:

- Hummus + carrots + whole grain crackers (*Try: Mary's Gone Crackers*)
- Salsa + avocado + thin corn cakes (*Try: Suzie's Thin Corn Cakes*)
- Brown rice cakes + almond butter OR tahini + apple slices (*Try: Lundberg's Brown Rice Cakes*)
- Whole wheat wrap + peanut butter + banana + cinnamon
- 1 hard boiled egg + clementine
- 3 handfuls of popcorn (*Try: Half Naked Popcorn*)
- Yogurt + fruit + nuts + seeds (*Try: Siggis Yogurt for a low sugar option*)
- Nutrition bar (*Try: Kid Bar's Nut and Spice varieties for a low sugar option*)