

Menu:

Breakfast-

1. Quiche,
2. Pumpkin muffins,
3. yogurt with fruit, and
4. Chia pudding with fruit.

Lunch –

1. Chicken with guac and peppers,
2. Cobb Salad,
3. carrot salad with chicken,
4. burger salad,
5. lettuce wraps with turkey and cheese,
6. Tuna salad with nut crackers.

Suppers –

1. Cauliflower soup
2. Chicken and veggie soup
3. Beef stew
4. beef roast with roasted squash,
5. Fajita chicken, peppers, onion, with beans and lentils
6. Chicken with cauliflower and gravy,
7. gaps spaghetti with squash pasta
8. Fish with Brussels and greens,
9. Chicken with peas and asparagus

Snacks –

1. Energy bites
2. Fruit leather
3. Fruit salad
4. Apple sauce
5. Trail mix
6. Fried bananas
7. Larabars
8. Almond butter cups
9. Jell-O
10. Popsicles
11. Yogurt bites
12. Candy pecans

Drinks –

1. Coffee
2. Lemon mineral water
3. Water kefir
4. Herbal teas
5. Wine
6. Golden milk lattes
7. Fermented lemonade