

TWO WEEK SAMPLE MENU

Find these and more create recipes on CreateBetterHealth.org

Week One

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Breakfast <u>Best Breakfast Sandwich Ever</u> Fresh or Canned Fruit Milk</p> <p>Lunch <u>Pinwheels</u> <u>Frozen Yogurt Blueberry Bites</u></p> <p>Dinner <u>Lasagna with Zucchini</u> <u>Strawberry Banana Ice Cream</u></p>	<p>Breakfast <u>Overnight Oats</u> Handful of Almonds</p> <p>Lunch Leftovers</p> <p>Dinner <u>Strawberry Avocado Wrap</u> <u>Cottage Cheese Dip</u> Fresh Veggies</p>	<p>Breakfast <u>Egg, Avocado, and Tomato Toast</u> Grapes Milk</p> <p>Lunch Ham or Turkey Sandwich <u>Cottage Cheese Dip</u> Fresh Veggies <u>Berry Fruit Salad</u></p> <p>Dinner Leftovers</p>	<p>Breakfast <u>Popeye Smoothie</u> Scrambled Eggs</p> <p>Lunch Leftovers</p> <p>Dinner <u>Strawberry Avocado Salad</u> <u>Whole Wheat Bread</u> Milk</p>	<p>Breakfast <u>Overnight Oats</u> Handful of Almonds</p> <p>Lunch English Muffin <u>Cottage Cheese Dip</u> Fresh Veggies <u>Berry Fruit Salad</u> Handful of Almonds</p> <p>Dinner <u>Rainbow Wraps</u> <u>Scrumptious Strawberry Sherbet</u></p>	<p>Breakfast <u>Cinnamon Apple Toast</u> Scrambled Eggs Milk</p> <p>Lunch <u>Colorful Quesadillas</u> <u>Frozen Yogurt Blueberry Bites</u> Handful of Almonds</p> <p>Dinner Leftovers</p>	<p>Breakfast <u>Banana Bread Waffles</u> Milk</p> <p>Lunch Ham or Turkey Sandwich Grapes Fresh Veggies Milk</p> <p>Dinner <u>Taco Soup</u> <u>Whole Wheat Bread</u> Cheese Slices Fresh or Canned Fruit</p>



TWO WEEK SAMPLE MENU

Find these and more create recipes on CreateBetterHealth.org

Week Two

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Breakfast <u>French Toast Waffle Sticks</u> Fresh or Canned Fruit Milk</p> <p>Lunch <u>Black Bean and Corn Salsa</u> <u>Homemade Tortilla Chips</u> Sliced Apples Milk</p> <p>Dinner <u>Garlic Parmesan Chicken and Potatoes</u> <u>Whole Wheat Bread</u> <u>Apple Surprise Cake</u></p>	<p>Breakfast <u>Freezer Breakfast Burrito</u> Apple Slices</p> <p>Lunch Leftovers</p> <p>Dinner <u>Cheesy Broccoli and Potato Skillet</u> Fresh or Canned Fruit Whole Grain Crackers</p>	<p>Breakfast <u>Cinnamon Oatmeal Pancakes</u> Canned Pears Milk</p> <p>Lunch <u>Pepperoni Stackers</u> Carrot Sticks Orange Slices</p> <p>Dinner Leftovers</p>	<p>Breakfast <u>Chocolate Smoothie</u> Handful of Almonds</p> <p>Lunch Leftovers</p> <p>Dinner <u>Baked Macaroni and Cheese with Broccoli</u> Fresh or Canned Fruit</p>	<p>Breakfast <u>Freezer Breakfast Burrito</u> Apple Slices</p> <p>Lunch <u>Honey Wheat Muffins</u> <u>Hummus</u> Carrot Sticks Canned Pears Milk</p> <p>Dinner <u>Sesame Chicken</u> Fresh or Canned Fruit Milk</p>	<p>Breakfast <u>Peanut Butter, Banana, Chocolate Toast</u> Milk</p> <p>Lunch <u>Easy Pasta Salad</u> Orange Slices</p> <p>Dinner Leftovers</p>	<p>Breakfast <u>Cinnamon Oatmeal Pancakes</u> Canned Pears Milk</p> <p>Lunch <u>Honey Wheat Muffins</u> <u>Hummus</u> Pepper Slices Fresh or Canned Fruit</p> <p>Dinner <u>Homemade Chicken Tenders</u> <u>Fresh Zucchini Salad</u> <u>Oatmeal Cookies</u> Milk</p>

