







Breakfast

Breakfast		Produce (Fiber, Nutrients)	Protein	Plenty of Fluids
<u>Orange Creamsicle</u>		Peaches Mandarin Oranges	Milk	Ice Milk
<u>Cantaloupe Smoothie Bowl</u>		Cantaloupe Banana Flaxseed	Yogurt	Orange Juice
<u>Egg-celent Breakfast Muffins</u>		Broccoli Peppers	Eggs Cheese Milk	Milk
<u>Pumpkin Overnight Oats</u>		Pumpkin Oats	Milk	Milk
<u>Chocolate Milkshake</u>		Banana Oats	Milk Almond Butter	Milk

Lunch

Lunch	Produce (Fiber, Nutrients)	Protein	Plenty of Fluids
<u>Spiced Carrot & Lentil Soup</u> 	Carrots Onions Garlic Ginger	Lentils	Vegetable Stock Light Coconut Milk Lime juice
<u>Pesto Chickpea Salad</u> 	Tomatoes Cucumbers	Chickpeas Mozzarella Cheese	(Add a glass of water)
<u>Slow Cooker Minestrone Soup</u> 	Onion, Garlic, Celery, Carrots, Zucchini, Canned Tomatoes	Kidney Beans	Vegetable broth
<u>Chipotle Pumpkin Black Bean Chili</u> 	Canned Diced Tomatoes Canned Pumpkin		
<u>Acorn & Chayote Ratatouille</u> 	Squash Onions Peppers Garlic	(Add drained canned beans)	Orange Juice

Dinner

Dinner	Produce (Fiber, Nutrients)	Protein	Plenty of Fluids
<p><u>Spicy Butternut Squash & Kale Stew With Peanuts</u></p> 	<p>Kale, Onion, Garlic, Ginger, Butternut Squash</p>	<p>Peanut Butter Peanuts</p>	<p>Lite Coconut Milk</p>
<p><u>Slow Cooker Italian Meatball Soup</u></p> 	<p>Tomatoes, Canned Spinach</p>	<p>Frozen Chicken or Turkey Meatballs</p>	<p>Chicken Stock</p>
<p><u>Three Bean Pepper Stew</u></p> 	<p>Onion, garlic, Diced Tomatoes, Beans, Tomato sauce</p>	<p>Greek Yogurt Beans</p>	<p>Vegetable Broth</p>
<p><u>Harvest Chicken Casserole</u></p> 	<p>Sweet potatoes, Onions, Brussel Sprouts, Carrots Dried Cherries</p>	<p>Chicken</p>	<p>Chicken Broth</p>
<p><u>Vegetable Tortellini Soup</u></p> 	<p>Zucchini, Peppers, Mixed Vegetables, Celery, Onions Diced Tomatoes</p>	<p>Cannellini Beans</p>	<p>Chicken Broth</p>