

Monday

BREAKFAST: Protein Pancakes made with unbleached organic flour, free range eggs, chocolate chips, pea protein, milled flax seed, baking powder, pink salt, and oil - banana cocoa syrup - fresh organic bananas - filtered water to drink

LUNCH: Cheesy Spinach Pasta - a cheesy sauce made using sautéed onions, garlic, spinach and parmesan cheese poured over organic pasta - with steamed cauliflower - fresh apple slices - organic milk to drink

SNACK: Homemade Tzatziki and Naan Bread - fresh tzatziki made with Greek yogurt, garlic, lemon juice, dill, pink salt, shredded cucumber and pickle juice - served with warm naan bread and fresh mixed veggies - filtered water to drink

Tuesday

BREAKFAST: Baked Cranberry Oatmeal - organic oats, cranberry puree, cinnamon, nutmeg, allspice, vanilla, organic maple syrup - sliced apples - filtered water to drink

LUNCH: Chicken & Mashed Potatoes - baked free range chicken breasts- served with seasoned mashed russet potatoes - fresh strawberries - fresh carrots - organic milk to drink

SNACK: Hummus and Organic Tortilla Chips- hummus made fresh from organic chickpeas, fresh garlic, organic olive oil, fresh squeezed lemon juice and pink salt - cucumbers - filtered water to drink

Wednesday

BREAKFAST: Scrambled Free Range Eggs and Ham off-the-bone - fresh oranges - filtered water to drink

LUNCH: Sweet Potato Shepherd's Pie made with fresh ground turkey, sautéed mushrooms and onions, organic peas and carrots and topped with a combination of russet and sweet potatoes - fresh cucumbers - fresh pineapple - organic milk to drink

SNACK: Cranberry Carrot Muffins - made with unbleached organic flour, organic cane sugar, cranberry puree and shredded organic carrots - fresh snap peas - filtered water to drink

Thursday

BREAKFAST: French Toast Bake- made with soy milk, free range eggs, homemade bread, organic cane sugar, pure vanilla, nutmeg and cinnamon - fresh organic pears - filtered water to drink

LUNCH: Chicken Broccoli and Rice Casserole - Ham off-the-bone, fresh cheddar cheese, organic milk, parmesan cheese, butternut squash and whole wheat noodles- fresh pickle spears - fresh orange slices - organic milk to drink

SNACK: Vanilla Pound Cake – Served with a mixed berry drizzle and homemade whipped cream - filtered water to drink

Friday

BREAKFAST: Power Balls – made with organic oats, no-nut butter, maple syrup, hemp hearts and chocolate chips- fresh melon - filtered water to drink

LUNCH: Beef Stew and Homemade Garlic Buns - made with grass fed stewing beef, white potatoes, carrots, onions, celery and beef bone broth - served with warm garlic buns made using active yeast, unbleached organic flour, cane sugar, salt and garlic seasoning - steamed organic mixed veggies - fresh melon - organic milk to drink

SNACK: Cheddar cheese, organic gala apples and Triscuits - filtered water to drink

Health is the first form of wealth

it takes a village

Monday

BREAKFAST: Apple Cranberry Oatmeal made with organic oats, homemade apple sauce, true cinnamon and cane sugar-
fresh bananas - filtered water to drink

Lunch: Cream Of Broccoli Soup with Grilled Cheese – ham off the bone shredded on an organic thin crust with homemade
veggie-packed pizza sauce and smothered in fresh mozzarella cheese - steamed mixed veggies - sliced apples -organic
milk to drink

Snack: Greek Yogurt Ranch Dip served with fresh mixed veggies - Veggie Straws - filtered water to drink

Tuesday

BREAKFAST: Cheese Omelettes and Home Fries - made with free range organic eggs and fresh shredded cheddar cheese
served with roasted white potatoes - fresh pears - filtered water to drink

Lunch: Penne and Meat Sauce - meat sauce made using organic tomatoes, onions, garlic, oregano and ground free-range
chicken poured over whole grain penne - fresh snap peas - fresh oranges - organic milk to drink

Snack: Banana Bread made with organic bananas, organic applesauce, free range eggs, organic cane sugar, real vanilla,
and organic oats - fresh carrots - filtered water to drink

Wednesday

BREAKFAST: Banana Pancakes - made with organic flour, free range eggs, smashed organic bananas, milled flax seed,
baking powder, pink salt, and oil - banana cocoa syrup - fresh blueberries - filtered water to drink

Lunch: Charcuterie Board – Grapes, Cucumbers, Sliced Apples, Pickles, Mozzarella and Cheddar Cheeses, served with rice
crackers, homemade hummus -organic milk to drink

Snack: Cheesecake Dip - organic sunflower seed butter, vanilla Greek yogurt and honey - fresh apples – pretzel puffs -
filtered water to drink

Thursday

BREAKFAST: Homemade Apple Bread made using active yeast, unbleached organic flour, cane sugar, pink salt, homemade
applesauce and steamed apple chunks -fresh melon - filtered water to drink

Lunch: Potato and Bacon Soup with onions, garlic, carrots, celery, potatoes, bacon and served with fresh garlic buns made
simply from unbleached all purpose flour, active yeast, organic cane sugar, pink salt, garlic seasoning and water - fresh
apples - fresh cucumbers - organic milk to drink

Snack: Cranberry Oatmeal Bars - fresh carrots - filtered water to drink

Friday

BREAKFAST: Parfait - with a mix of organic pro-biotic vanilla yogurt and plain greek yogurt - fresh banana berry puree and
granola - fresh blueberries - filtered water to drink

Lunch: Chicken Veggie Pizza - baked organic chicken breasts shredded on an organic thin crust with homemade
veggie-packed pizza sauce and smothered in fresh mozzarella cheese - steamed mixed veggies - sliced apples

Snack: Chocolate Avocado Brownies – made with avocados, almond flour, organic cocoa, coconut sugar, organic eggs,
baking soda, chocolate chips - , and fresh grapes - filtered water to drink

When you have more than you need, build a bigger table

it takes a village

be the light

brave the elements

think outside the box

nurture with nature

Monday

BREAKFAST: Parfait - with a mix of organic pro-biotic vanilla yogurt and plain Greek yogurt - fresh banana berry puree and granola - fresh apples - filtered water to drink

LUNCH: Veggie Pizza – Organic thin crust with homemade veggie-packed pizza sauce and smothered in fresh mozzarella cheese - steamed mixed veggies - sliced apples

SNACK: Hummus and Organic Tortilla Chips- hummus made fresh from organic chickpeas, fresh garlic, organic olive oil, fresh squeezed lemon juice and pink salt - cucumbers - filtered water to drink

Tuesday

BREAKFAST: Power Bars – made with organic oats, no-nut butter, 100% maple syrup, and chocolate chips - fresh melon - filtered water to drink

LUNCH: Taco Pasta - free range chicken shredded and tossed with whole grain pasta and shredded cheddar cheese and topped with crushed organic tortilla chips - served with plain Greek yogurt and fresh organic salsa - fresh strawberries - fresh carrots - organic milk to drink

SNACK: Carrot Pumpkin Muffins - made with all purpose flour, organic cane sugar, organic pumpkin puree and shredded organic carrots - fresh snap peas - filtered water to drink

Wednesday

BREAKFAST: Cinnamon Raisin Bread with organic butter - fresh organic pears - filtered water to drink

LUNCH: Meat Balls and Mashed Potatoes – served with baked beans made with a variety of beans, brown cane sugar, apple cider vinegar, agave syrup, Worcestershire, salt, garlic, onions - steamed sweet corn- fresh cucumbers - fresh pineapple - organic milk to drink

SNACK: Cheddar cheese, organic gala apples and Triscuits - filtered water to drink

Thursday

BREAKFAST: Banana Pancakes - made with organic flour, free range eggs, smashed organic bananas, milled flax seed, baking powder, pink salt, and oil - banana cocoa syrup - fresh blueberries - filtered water to drink

LUNCH: Hearty Chicken Noodle Soup made with organic chicken, onions, garlic, carrots, celery, whole grain noodles, pink salt and rosemary - served with fresh garlic buns made simply from unbleached all purpose flour, active yeast, organic cane sugar, pink salt, garlic seasoning and water - steamed mixed veggies - fresh melon - organic milk to drink

SNACK: Apple Crisp made with fresh apples, cinnamon, organic unsalted butter, agave syrup and brown cane sugar - filtered water to drink

Friday

BREAKFAST: Scrambled Free Range Eggs and Ham off-the-bone - fresh oranges - filtered water to drink

LUNCH: Chicken Nuggets and Fresh Cut Fries – free range chicken tossed in panko crumbs, seasoned oven roasted potatoes – steamed organic sweet peas – fresh pineapple - organic milk to drink

SNACK: Homemade Tzatziki and Naan Bread - fresh tzatziki made with Greek yogurt, garlic, lemon juice, dill, pink salt, shredded cucumber and pickle juice - served with warm naan bread and fresh mixed veggies - filtered water to drink

Look deep into nature and then you will understand everything better

it takes a **village**

Monday

BREAKFAST: Apple Cinnamon Oatmeal made with organic oats, homemade apple sauce, true cinnamon and cane sugar - fresh melon - filtered water to drink

LUNCH: Tomato Macaroni Soup - a tomato based soup with fresh onions, carrots, celery, garlic, and whole wheat macaroni noodles - served with grilled cheese sandwiches made with fresh cheddar cheese and whole wheat bread - fresh apples - fresh cucumbers - organic milk to drink

SNACK: Chocolate Avocado Brownies - made with avocados, almond flour, organic cocoa, coconut sugar, organic eggs, baking soda, chocolate chips - , and fresh grapes - filtered water to drink

Tuesday

BREAKFAST: Banana Pancakes - made with organic flour, free range eggs, smashed organic bananas, milled flax seed, baking powder, pink salt, and oil - banana cocoa syrup - fresh blueberries - filtered water to drink

LUNCH: Meatloaf made with grass fed ground beef, organic eggs, onions, garlic, Italian seasoning - served with fresh cut fries made with white potatoes sliced fresh and baked in the oven - fresh apples - fresh cucumbers - organic milk to drink

SNACK: No-Nut Butter Cheesecake Dip - organic sunflower seed butter, organic vanilla Greek yogurt and honey - fresh apples - pretzel puffs - filtered water to drink

Wednesday

BREAKFAST: Yogurt Parfait - made with a mix of organic pro-biotic vanilla yogurt, and plain Greek yogurt - fresh banana - berry puree and granola - fresh blueberries - filtered water to drink

LUNCH: Lasagna Casserole- made with organic tomatoes, grass fed beef, cauliflower, garlic, parmesan cheese, lemon juice and soy milk, served over whole grain pasta - steamed organic broccoli - fresh orange slices - organic milk to drink

SNACK: Banana Bread made with organic bananas, organic applesauce, free range eggs, organic cane sugar, real vanilla, and organic oats - fresh carrots - filtered water to drink

Thursday

BREAKFAST: Cheese Omelettes and Home Fries - made with free range organic eggs and fresh shredded cheddar cheese served with roasted white potatoes - fresh pears - filtered water to drink

LUNCH: Penne and Meat Sauce - meat sauce made using organic tomatoes, onions, garlic, oregano and ground free-range chicken poured over whole grain penne - fresh snap peas - fresh oranges - organic milk to drink

SNACK: Greek Yogurt Ranch Dip served with fresh mixed veggies - Veggie Straws - filtered water to drink

Friday

BREAKFAST: Berry Blast Muffins - whole wheat flour, milled flaxseed, organic hemp hearts, organic cane sugar, organic bananas, strawberries, cherries, raspberries, blueberries, and beets - fresh oranges - filtered water to drink

LUNCH: Chili and Fresh Garlic Buns - chili made with grass fed ground beef, organic kidney beans, mushrooms, and a hearty veggie-packed sauce seasoned with chili powder, onions, garlic, peppers, and tomatoes served with warm home-made garlic buns - fresh oranges - fresh cucumbers - organic milk to drink

SNACK: Apple Cranberry Cobbler - fresh local peaches, organic oats, almond flour, brown cane sugar, coconut oil, pink salt, - filtered water to drink

If more of us valued food and cheer above hoarded gold, it would be a merrier world

it takes a village

be the light

brave the elements

think outside the box

nurture with nature