

Monday

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

LUNCH: Veggie Pizza - homemade veggie-packed pizza sauce, smothered in fresh mozzarella cheese - steamed mixed veggies - fresh oranges

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 - water to drink

Tuesday

BREAKFAST: Power Balls - made with oats, wow butter, maple syrup, hemp hearts and chocolate chips - fresh pears - water to drink

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

SNACK: Vanilla Pound Cake - made with organic flour, pink salt, butter, vanilla, organic cane sugar and free range eggs - Served with a mixed berry drizzle and homemade whipped cream - fresh blueberries - water to drink

Wednesday

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

LUNCH: Walking Tacos -grass fed beef, taco seasoning, shredded cheddar cheese, tomatoes and organic nacho chips - steamed corn - melon - organic milk to drink

SNACK: Cranberry Muffins - made with unbleached organic flour, organic cane sugar, cranberry puree, orange rind, organic milk, free range eggs, vanilla, baking powder and pink salt - fresh cucumber - water to drink

Thursday

BREAKFAST: Baked Cranberry Oatmeal - oats, baking powder, cinnamon, pink salt, organic eggs, organic milk, butter, vanilla, organic maple syrup, bananas and cranberry puree - sliced apples - water to drink

LUNCH: Chicken Broccoli and Rice - organic chicken breast, rice, broccoli, organic chicken broth, cheddar cheese, and pink salt - steamed green beans - fresh orange slices - organic milk to drink

SNACK: Cheesecake Dip - Wow butter, vanilla Greek yogurt and honey - fresh apples -popcorners - water to drink

Friday

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

LUNCH: Penne & White Sauce - a cheesy white sauce made using steamed spinach, mozzarella, organic milk, butter, parmesan, garlic, spinach and lemon, poured over whole grain organic penne - fresh apples - fresh cucumbers - organic milk to drink

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

LUNCH: Pasta and Meat Sauce - meat sauce made using organic tomatoes, onions, garlic, oregano and grass fed beef, poured over whole grain pasta – steamed corn - fresh oranges - organic milk to drink

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

LUNCH: Chicken Veggie Pizza - homemade veggie-packed pizza sauce, smothered in fresh mozzarella cheese and oven baked organic chicken breast - steamed mixed veggies - sliced apples – 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 - 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 - 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 served with warm homemade garlic buns – fresh apples – steamed broccoli – organic milk to drink

SNACK: Cranberry Oatmeal Bars – oats, butter, flour, organic cane sugar, brown, sugar, pink salt, cinnamon, baking soda and cranberries - fresh pears - water to drink

Friday

BREAKFAST: Parfait - with a mix of vanilla and plain Greek yogurt - fresh banana berry puree and granola - fresh blueberries - 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: Chocolate Avocado Brownies – made with avocados, unbleached organic flour, cocoa, organic cane sugar, organic eggs, baking soda, chocolate chips - fresh oranges - water to drink

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

it takes a **village**



Monday

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

LUNCH: Tomato Macaroni Soup with Grilled Cheese –organic tomatoes, organic vegetable broth, salt, pepper, garlic, onions, carrots, celery, bay leaves, and whole grain pasta - served with grilled cheese - 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, and shredded cucumber - served with warm naan bread and fresh mixed veggies - water to drink

Tuesday

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

LUNCH: : Meat Balls and Mashed Potatoes – grass fed beef mixed with seasonings, bread crumbs, eggs and parmesan cheese, baked in the oven -mashed russet potatoes – steamed corn - fresh oranges - organic milk to

SNACK: Carrot cranberry Muffins - made with all purpose flour, organic cane sugar, cranberry puree and shredded carrots - fresh cucumbers - water to drink

Wednesday

BREAKFAST: Homemade Cinnamon Raisin Bread - scratch made with organic unbleached flour, active yeast, organic cane sugar, pink himalayan salt, vegetable oil, true cinnamon, and raisins, fresh pears - water to drink

LUNCH: Pasta and Meat Sauce – grass fed beef, organic tomatoes, sauteed onions, garlic, and italian seasoning, poured over whole grain pasta - steamed veggies - fresh pineapple - organic milk to drink

SNACK: Cheddar Cheese, fresh apples and Triscuits - 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 - water to drink

LUNCH: Hearty Chicken Noodle Soup made with organic free range chicken, onions, garlic, carrots, celery, organic chicken stock, pink salt and whole grain noodles - served with homemade garlic buns - steamed mixed veggies - fresh melon - organic milk to drink

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

Friday

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

LUNCH: Lasagna Casserole – grass fed beef, onion, salt pepper, mozzarella and parmesan cheese, with homemade marinara sauce, baked with whole grain pasta - steamed organic broccoli - fresh orange slices - organic milk to drink

SNACK: Greek Yogurt Ranch Dip - Greek yogurt, chives, parsley, dill, garlic, onion, salt and pepper,served with mixed vegetables and veggie straws- water to drink

Look deep into nature and then you will understand everything better



Monday

BREAKFAST: Apple Cinnamon Oatmeal made with oats, cinnamon and cane sugar - fresh apples - water to drink

LUNCH: Meatless Pasta – veggies packed marinara sauce made from tomatoes, onions, garlic, celery, carrots, mushrooms served over whole grain noodles - fresh apples - fresh cucumbers - organic milk to drink

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

Tuesday

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

LUNCH: Meatloaf and Potatoes - made with grass fed ground beef, organic eggs, onions, garlic, Italian seasoning – served with seasoned oven roasted russet potatoes - fresh oranges - steamed veggies - organic milk to drink

SNACK: No-Nut Butter Cheesecake Dip – wow butter, vanilla Greek yogurt and honey - fresh apples – popcorners - water to drink

Wednesday

BREAKFAST: Yogurt Parfait – Vanilla and plain Greek yogurt, berry puree and granola - fresh blueberries - water to drink

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

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

Thursday

BREAKFAST: Scrambled Free Range Eggs and Ham off-the-bone - made with free range organic eggs and fresh shredded cheddar cheese, ham-off-the-bone, served with fresh pears - water to drink

LUNCH: : Beef Tomato Macaroni Soup - grass fed ground beef, organic tomatoes, organic beef broth, salt, pepper, garlic, onions, carrots, celery, bay leaves, and whole grain pasta - homemade garlic buns - fresh fruit-organic milk to drink

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

Friday

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

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

SNACK: Apple Cranberry Cobbler – fresh apples, oats, unbleached organic flour, organic cane sugar, oil, pink salt and cranberries – fresh strawberries - water to drink

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