

# Example Meal Menu

## **Friday**

- Oat & Walnut Pancakes w/ Blueberry Coulis  
(Reset= Herbed Turkey Quiche)
- Studio Chicken Salad & Dill Cucumber Salad
- Baked Salmon w/ Asian BBQ Glaze, Baby Bok Choy,  
& Brown Rice

## Saturday

- Spicy Southwest Veggie Scramble
- Black & Blue Salad w/ Balsamic
- Grilled Durok Pork w/ Spicy Collards & Whipped  
Butternut

## Sunday

- Grilled Pork Chop w/ Fried Eggs
  - Brunswick Stew
- London Broil w/ Grilled Vegetables, & Parsley  
Potatoes  
(Reset= Steamed Broccoli)