

Example Meal Menu

Monday

- Bacon Veggie Scramble
 - Crab Cake Salad
- Turkey Meatballs w/ Tomato Basil, & Whole Wheat Pasta, & Spaghetti Squash

Tuesday

- Roast Turkey Omelet W/ Spinach, Caramelized Onions, & Sun-Dried Tomatoes
 - Tuscan Bean Soup w/ Chicken Italian Sausage
- Five Spice Ginger Beef w/ Fried Rice, & Broccoli Stir-Fry
(Reset= Sugar Snap Beans)