



	Monday (Day 8)	Tuesday (Day 9)	Wednesday (Day 10)	Thursday (Day 11)	Friday (Day 12)	Weekend Ideas
Morning	Shake	Shake	Shake	Shake	Shake	➤ Sweet Potato Fries ➤ Kale Chips ➤ Homemade Beef Soup ➤ Cinnamon Baked Apples And A Salad ➤ Snacks -Kale Chips ➤ Swiss Chard ➤ Fruit Salad ➤ Salmon With Mustard Dill Sauce ➤ Stir Fry Chicken ➤ Poached Pears With Blackberries
Mid-Morning Snack	Jicama With Avocado Dip	Small Green Apple	Raw Asparagus Tips With Hummus	Sliced Cumpers And Grape Tomatoes	Salsa With Sliced Veggies	
Lunch	Shake	Shake	Shake	Shake	Shake	
	Fennel Leek Soup	Spinach Salad	Chicken Soup And/Or Zucchini Salad	Cauliflower Soup And Small Salad With Choice Of Dressing	Puttanes Salad With Lentil Soup	
Mid-Afternoon Snack	Kale Chips	Sweet Potato Fries	Roasted Brussell Sprouts	Asparagus Fries	Endive With Hummus	
Dinner	Shake	Shake	Shake	Shake	Shake	
	Vegetable Angel Hair Pasta With Small Salad	Lentil Stuffed Peppers	Spinach Stir Fry	Mediterranean Salmon With Small Salad	Crock Pot Layered Dinner	

“It's bizarre that the produce manager is more important to my children's health than the pediatrician.” — Meryl Streep