|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday 7th | Monday 8th | Tuesday 9th | Wednesday 10th | Thursday 11th | Friday 12th | Saturday 13th |
| Beans /tomatoes | **Shellfish** | **Strawberries** | **Potato** | **Rice/ almonds** | **Corn/ eggs** | **Goat cheese/ Fish** |
| Pork Sausage  Italian chicken sausage – mild  Toasted pecans  Raspberries  Bone broth chili  Chicken breast  Spinach  Pasta  or beans | Prosciutto,  Cantaloupe balls  Honey Ham  Pickled Asparagus  Cantaloupe  Lentil Chips  Gluten free chicken nuggets  Grapes  Baby Kale  Almond milk Jalapeno cheese  Almond flour tortillas | Chicken & Sage Sausage w/maple syrup  Strawberries  Sliced Chicken  Stuffed Olives  Strawberries  Scallops  Asparagus  -OR-  Lentil Soup | Pork & Maple Sausage  Smoothie w/banana  Naked green juice, frozen blueberries, frozen strawberries  Pepperoni  Potato chips  Raspberries  Broccoli  Flank steak  Carne asada sauce  Whipped cauliflower  Roasted broccoli  -OR-  Bison Burgers  Fried potatoes  Roasted Broccoli | Justin’s coco hazelnut or almond butter  w/thin rice cakes &  apple slices  Bison hot dogs  Apple sauce  Carrots  Hummus  Thin rice cake  Rice balls with tuna in oil  Kimchee  -OR-  Breakfast for dinner – Pancakes & eggs | Eggy tacos Scrambled eggs and bacon  Blueberries  Sliced turkey  Green beans  Corn chips  Dried pineapple  Blueberries  2 lbs chicken wings  Cooked carrots  Brussels sprouts –OR-  *365 peeled garlic* | Smoked Salmon  Goat cheese  Capers  Small ½ lb spicy Italian sausage and beef patties  Green beans  Toasted pecans  Ground bison w/ mango- ginger sauce  Sautéed baby spinach    Straight from the heart coconut cheddar cheese |
| Bone Broth  bones, onions,  Ghee, Olive Oil | garlic, carrots, apple cider, bay leaves |  |  |  |  |  |