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| 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 SausageItalian chicken sausage – mildToasted pecansRaspberriesBone broth chiliChicken breastSpinachPasta or beans | Prosciutto, Cantaloupe ballsHoney HamPickled AsparagusCantaloupeLentil ChipsGluten free chicken nuggetsGrapesBaby KaleAlmond milk Jalapeno cheeseAlmond flour tortillas  | Chicken & Sage Sausage w/maple syrupStrawberriesSliced ChickenStuffed OlivesStrawberriesScallopsAsparagus-OR-Lentil Soup | Pork & Maple Sausage Smoothie w/bananaNaked green juice, frozen blueberries, frozen strawberriesPepperoniPotato chipsRaspberriesBroccoliFlank steakCarne asada sauceWhipped cauliflowerRoasted broccoli-OR-Bison BurgersFried potatoesRoasted Broccoli | Justin’s coco hazelnut or almond butterw/thin rice cakes &apple slicesBison hot dogsApple sauceCarrotsHummusThin rice cakeRice balls with tuna in oilKimchee-OR-Breakfast for dinner – Pancakes & eggs | Eggy tacos Scrambled eggs and baconBlueberriesSliced turkeyGreen beansCorn chipsDried pineappleBlueberries2 lbs chicken wings Cooked carrotsBrussels sprouts –OR- *365 peeled garlic*  | Smoked SalmonGoat cheese CapersSmall ½ lb spicy Italian sausage and beef pattiesGreen beansToasted pecansGround bison w/ mango- ginger sauceSautéed baby spinach Straight from the heart coconut cheddar cheese |
| Bone Brothbones, onions,Ghee, Olive Oil  | garlic, carrots, apple cider, bay leaves |  |  |  |  |  |