

Wed	13	hard boiled eggs, acorn squash	choco banana pudding, egg, beef jerky, celery/almond butter, snack mix	lamb kabob, salad, baba ghanouj
Thurs	14	hard boiled egg, banana	grass fed sliders with caramelized onions, acorn squash	Chicken with 40 cloves of garlic, brussel sprouts, spaghetti squash
Fri	15	LO brussels, sausage	Leftovers	Lobster claws, roasted fennel
Sat	16	Eggs and veggies	Leftovers	Leftovers
Sun	17	Sausage, eggs, veggies	Leftovers	brisket, spinach with lemon and pine nuts
Mon	18	Blueberry clafouti	Leftovers	tacos, roasted broccoli
Tues	19	Blueberry clafouti	Leftovers	almond crusted chicken fingers w/ harissa, green beans w/ chimichurri, roasted fennel
Wed	20	Lara bar, chicken sausage	Leftovers	Scallops, celery root puree, asparagus
Thurs	21	Lara bar, LO veg	LO celery root puree and brisket	pork belly and sweet potato hash, kale
Fri	22	eggs, chicken sausage	Leftovers	chili, LO veg
Sat	23	vegan chocolate pudding	Leftovers	slow cooker chicken, brussel sprouts, mashed garlic cauliflower
Sun	24	Eggs and veggies	Leftovers	lamb meatballs, kale
Mon	25	Eggs and veggies	Leftovers	salmon with mustard dill butter sauce, roasted broccoli