6/12/2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Blueberry & Greek Yogurt Smoothie	Blueberry & Greek Yogurt Smoothie	Breakfast Sandwich: egg, spinach, cheese, sausage	Breakfast Sandwich: egg, spinach, cheese, sausage	Egg white spinach wrap	Pancakes +fruit +Greek yogurt	Egg white spinach wrap
Snack 1	Salmon salad, crackers, fruit	Cheese & fruit	Salmon salad, crackers, fruit	Cheese & fruit	Salmon salad, crackers, fruit	Kind Bar	Kind Bar
Lunch	Leftovers	Rotisserie chicken salad sandwich, fruit + salad + chocolate	Soba Noodle Salad, rotisserie chicken, cucumbers	Rotisserie chicken salad sandwich, fruit + salad + chocolate	Soba Noodle Salad, rotisserie chicken, cucumbers	Takeout	Leftovers
Snack 2	Peaches, cottage cheese, chia seeds, pecans	Chomps & fruit	Peaches, cottage cheese, chia seeds, pecans	Chomps & fruit	Peaches, cottage cheese, chia seeds, pecans	Chomps & fruit	Peaches, cottage cheese, chia seeds, pecans
Dinner	Kevin's garlic chicken, rice, roasted carrots & zucchini	Anniversary meal!	Sheet pan salmon + roasted broccoli	Leftovers	Bean burritos, freezer vegetables	Leftovers	Leftovers
Snack 3	Leftover birthday cake	Siggis dessert cup	Siggis dessert cup	Siggis dessert cup	Siggis dessert cup	Siggis dessert cup	Siggis dessert cup