

	Breakfast	Lunch	Dinner	Snacks(2)	Grocery List
<b>Sunday</b>	Banana Orange Crepes		Linguine w/ asparagus and pine nuts		Linguine Garlic Asparagus Parmesan Milk
<b>Monday</b>	Granola. yoghurt Oatmeal		Gouda Cheeseburger w/ fennel onion relish & Sweet Potatoe Fries	Pear, Peanut Butter on Rice Cakes Babybell Cheese	Sweet Potatoes(2) Fennel Bulb(1) Red Onion(1) Ground Beef(1lb) Hamburger Buns(2) Gouda - slices(4)
<b>Tuesday</b>	Granola. yoghurt Eggs and Toast		Seared Lamb w/ golden couscous	Pear, Peanut Butter on Rice Cakes Babybell Cheese	Lamb Shoulder Steaks Pearl Couscous Baby Spinach Pears
<b>Wednesday</b>	Granola. yoghurt Oatmeal		Crispy Chicken Cutlets w/green beans	Pear, Peanut Butter on Rice Cakes Babybell Cheese Fruit Cup	Green Beans Grape Tomatoes Chicken Cutlets Lemon Peanut Butter
<b>Thursday</b>	Granola. yoghurt Eggs and Toast		Shrimp, Spinach & Avocado Salad w/fresh Baguette	Pear, Peanut Butter on Rice Cakes Babybell Cheese	Shrimp Plum Tomatoes Spinach Avocado Baguette
<b>Friday</b>	Granola. yoghurt				Bananas Butter Orange Cognac Pecans Raspberries Blueberries
<b>Saturday</b>					