

Week 1

	Breakfast	Lunch	Dinner	Snack
Monday	Protein Crepe w. Almond Butter Drizzle	Beef Chili w. celery and carrots	Oatmeal Chicken w. Buffalo Cauliflower	Buffalo Chicken Dip w. carrots & celery
Tuesday	Hash Brown Pie	Meatloaf Burger	Asian Pork w. mixed vegetable bowl	Pumpkin Muffin w. Yogurt
Wednesday	JRE Maple Pancakes	Turkey Club	Open Face Burger & Skinny Fries	Almond Butter Cookies & Yogurt
Thursday	Egg Sandwich	BBQ Chicken Quesadilla w. Ranch	Chicken & Edamame Stir-fry w. Peanut Vinaigrette	Veggies & Hummus
Friday	French Toast w. Strawberry Sauce	Chicken Sausage & New Potato Salad	BBQ Pork Chop w. Sweeter Sweet Potatoes w. Pecan Crumble	Banana Cream Pudding
Saturday	Peanut Butter, Toast, Banana	Sirloin Salad	Stuffed Chicken Breast w. Rainbow Kale Salad	Fruit Cup & Yogurt
Sunday	Chocolate Protein Oatmeal	Coconut Shrimp w. Green Pea Pilaf	Marinated Chicken Breast w. Roasted Carrots	Chocolate Roll Ups

Week 2

	Breakfast	Lunch	Dinner	Snack
Monday	Blueberry French Toast	Pork Cutlet & Lemon Garlic Asparagus	Shrimp & Sausage Paella	Fruit Cup & Cottage Cheese
Tuesday	Chocolate Protein Oatmeal	Buffalo Chicken Wrap	Meatloaf & Summery Green Bean Casserole	Skinny Potato Boat
Wednesday	Cinnamon Roll Yogurt & Bagel	Mediterranean Salad	Chipotle Stuffed Peppers	Peanut Butter Parfait
Thursday	Bacon & Cheese Omelet w. English Muffin	Chicken Bacon Ranch Wrap	Chicken Fajita Bowl	Fruit Cup & Raspberry Dip
Friday	JRE Cinnamon & Sugar Pancakes	Beef & Broccoli	Marinated Chicken w. Scalloped Sweet Potatoes	Buffalo Chicken Dip w. Celery & Carrots
Saturday	Mushroom Chicken Hash	Chicken Cobb Salad	Spaghetti & Meatballs w. side salad	Fruit Cup & Vanilla Dip
Sunday	Oatmeal Casserole	Beef & Bleu Wrap	Meatza Pizza	Oatmeal Fudge Bites

Week 3

	Breakfast	Lunch	Dinner	Snack
Monday	Scrambled Eggs, Toast & Bacon	Vegetable Soup	Sweet & Spicy Chicken w. side salad	Chocolate Roll Ups
Tuesday	Blueberry Oatmeal	Cuban & Cole Slaw	Burrito	Power Crunch Bar
Wednesday	Asparagus Omelet w. English Muffin	Chicken & Black Bean Quesadilla w. Ranch	Stuffed Pork Loin w. Fingerling Potatoes	Banana Split Parfait
Thursday	Sausage Griddle	Mexicali Bowl	Korean BBQ Beef & Balsamic Brussel Sprouts	Strawberry Roll Ups
Friday	Steak & Eggs	Buffalo Mac & Cheese	Lemon Dill Chicken & Lemon Risotto Rice	Fruit & Orange Dip
Saturday	Swiss Oatmeal	Chicken Cobb Salad	Spiced Pork Stir Fry	Beef & Bean
Sunday	Eggs Benedict	Southwestern Wrap	Bacon Cheeseburger & Skinny Fries	Pumpkin Muffin w. Yogurt

Monday	Blueberry French Toast	Basil Pesto Pasta w. side salad	Italian Beef w. Veggies	Veggies & Ranch
Tuesday	JRE Original Pancakes w. Syrup	Coconut Lemongrass Soup w. Pork	Shepards Pie	Deli Wrap
Wednesday	Skillet Eggs & Squash	Berry Almond Chicken Lettuce Salad	Honey Mustard Chicken w. Carrots & Cauliflower Rice	Power Crunch Bar
Thursday	Ham & Cheese Omelet w. Toast	Chili w. Celery & Carrots	Stuffed Chicken w. Raspberry Lemon Sauce & Mediterranean Cheese & Olive Salad	String Cheese & Holiday Grapes
Friday	Eggs Benedict	Steak Sandwich & Fruit Cup	Chicken Enchiladas	Fruit & Raspberry Dip
Saturday	Chocolate Protein Oatmeal	Tuna Lettuce Salad	Shrimp & Spaghetti Squash w. Walnut Ginger Pesto	Strawberry Cream Pie Cup
Sunday	Ham & Egg Muffin	Chipotle Chicken Wrap w. Broccoli Salad	Sanch w. Side Salad	Fruit Cup & Yogurt

Monday	Sausage & Cheese Muffin	Seafood Pasta	Asian Bowl	Apple Crisp & Yogurt
Tuesday	French Toast	Sloppy Joes w. Cottage Cheese & Chives	Pork Cutlet & Cheesy Cauliflower	Protein Powder & Almond Milk
Wednesday	Breakfast Quesadilla	Taco Bowl	Spicy Chicken Pot Roast	Banana Bread w. Yogurt
Thursday	Bacon, Egg & Toast	Tuna Salad Sandwich	Fire Roasted Chicken & Vegetables	Dessert Pizza
Friday	Breakfast Hash	BBQ Pork Sandwich w. Cucumber Salsa	Garlic Herb Steak w. Broccoli Potato Au gratin	Strawberry Roll Ups
Saturday	Stuffed Crepes	Chipotle Chicken Lettuce Salad	Marinated Chicken w. Baked Potato and Green Beans	Deli Wrap
Sunday	Egg White Pizza	Mediterranean Wrap w. Cucumber & Tomato Salad	Three Cheese Pasta	Fruit & Yogurt

Week 6

	Breakfast	Lunch	Dinner	Snack
Monday	Protein Crepe w. Almond Butter	BBQ Chicken Salad Wrap w. Small Fruit Cup	Stuffed Pepper	Power Crunch Bar
Tuesday	Chocolate Banana Oatmeal	Chicken Almondine Sandwich	Meatloaf & Roasted Vegetables	Yogurt & Berry Bowl
Wednesday	JRE Chocolate Chip Pancakes	Steak Cobb Salad	Parmesan Chicken	Peanut Butter Parfait
Thursday	Ham & Egg Muffin	Chicken Mango BBQ Sandwich w. Cottage Cheese	Chicken Stir Fry	Fruit Cup & Raspberry Dip
Friday	Bacon, Egg & Cheese Muffin	Shrimp Fried Rice	BBQ Chicken Breast w. Summer Slaw	Lime Cheesecake Squares
Saturday	Italian Chicken Frittata	Cranberry Chicken Lettuce Salad	Open Face Burger w. Mediterranean Marinated Peppers	Southwest Bowl
Sunday	Turkey Sausage & Hash Browns	Chicken Quesadilla	Pork Cutlet w. Lemon Garlic Brussel Sprouts	Fruit Cup & Cottage Cheese