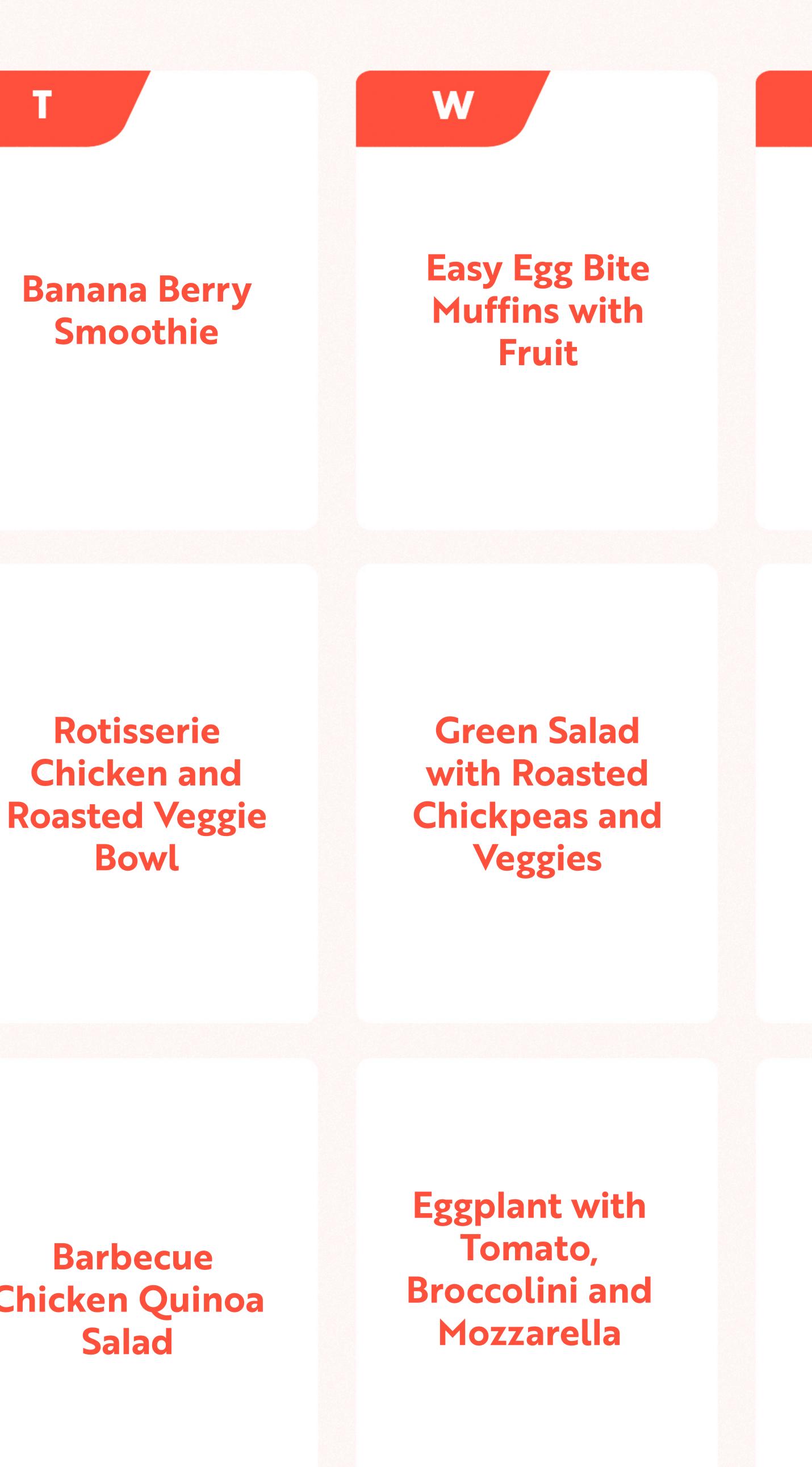


Rotisserie Chicken Sandwich

Lemon Tarragon **Chicken with Brown Rice and** Veggies

Barbecue **Chicken Quinoa** Salad





Banana Berry Smoothie



Frozen Waffle with Greek **Yogurt and Fruit**

Roasted Chickpea **Veggie Bowl**

Leftovers

Roasted Sweet Potato and Black Bean Burrito

No-Sugar Ginger Beef and Broccoli with Rice

SNACK LIST

•	Sliced cucumbers
	with olive
	tapenade
•	Baby carrots with
	hummus or
	guacamole
•	Sliced apple with a
	slice of cheese

- Sliced pears with nut or seed butter
- Plain or lowersugar Greek yogurt with berries or grapes

