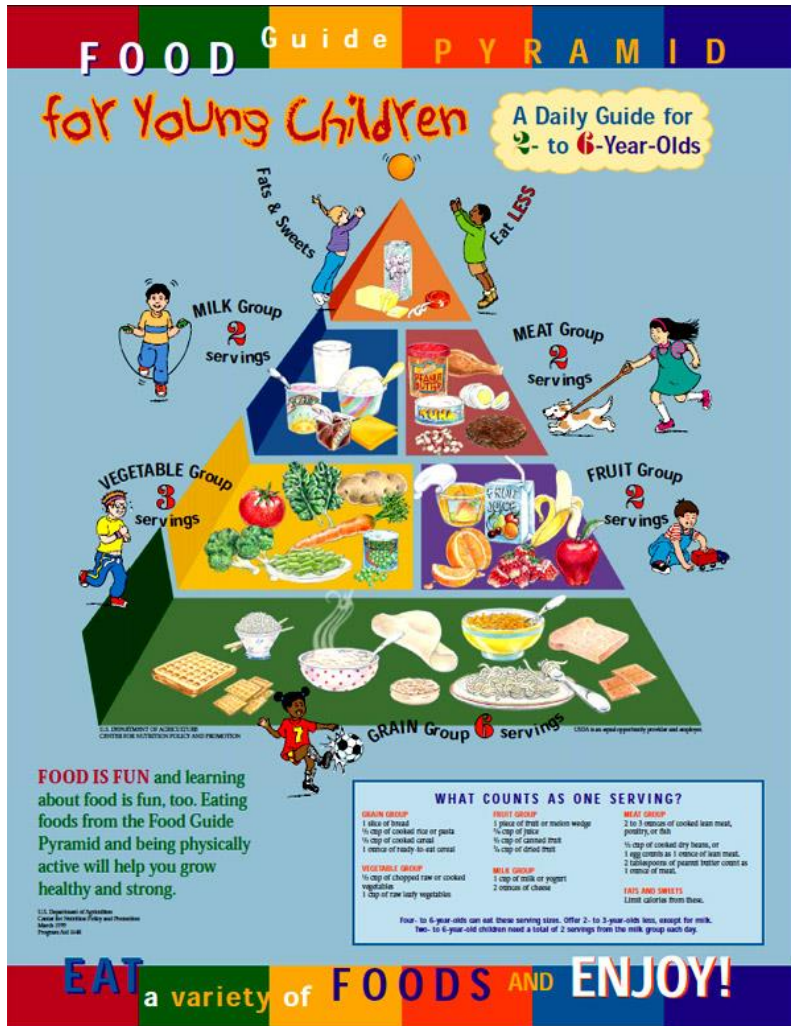


	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	Toast w nut butter, flaxseed  Greek yogurt with blueberries	Egg Muffins (make extra!)  Leftover Sweet Potatoes	Oatmeal w blueberries  (put chicken in crockpot!)	Leftover Pancakes  Smoothies	Oatmeal with raisins and chopped raw nuts	Waffles  Apple, banana, tangerine	Toast w nut butter, flaxseed  (place chicken in marinade)
<b>Lunch</b>	Red Pepper and Guacamole/Hummus  Macaroni and Cheese w Peas	Vegetable Soup  Grilled Cheese with Spinach and Flaxseed	Turkey Sandwich  Carrots, Guac and Hummus  Dates	Leftover Egg Muffins  Yogurt with blueberries	Turkey rolls  Crackers  Mixed veggies with hummus	Veggie tray  Leftover pizza	Mac and cheese w Peas
<b>Dinner</b>	Burgers  Sweet Potatoes (make extra!)  Red Butter Lettuce Salad	Pancakes (make extra!)  Bacon  Smoothies	Chicken  Roasted carrots and sweet potatoes  Salad  (make broth with chicken bones!)	Chicken Noodle Soup	Salad and veggie tray before pizza arrives.  Order pizza!	Salmon  Zucchini, Mushroom, Squash, Onion Sauté	Chicken on the grill  Roasted Potatoes, Onions, Carrots, Beets  Salad

So, there it is! Again, our goals lately have included increasing our colorful vegetable intake, maintaining a budget, and having meal times that are delicious, easy, kid friendly and fun. Keep in mind that our family is at a point where we are choosing: organic foods, whole wheat grains, grass-fed and wild-caught meats, pasture raised dairy and eggs, to increase health value, but that these choices must be made based on your own family principle. If you're interested in the daily recommendations, see the charts and notes below!

The US Department of Agriculture produced this special children's food pyramid.



**Average Servings of our week above per day – NOT INCLUDING SNACKS**

Dairy 1 / Protein 2

Vegetable – 3-4 / Fruit 1-2

Grain 3

So, if our kids ate only what we served at meals, (which we know is not the case!), we feel like they would be provided with an optimal diet that includes an awesome amount of vegetables! This base diet allows room for snacks esp in fruit, grain and dairy which make awesome grab and go snacks (whole grain crackers, cheese stick, apples, oranges, grapes, etc.).