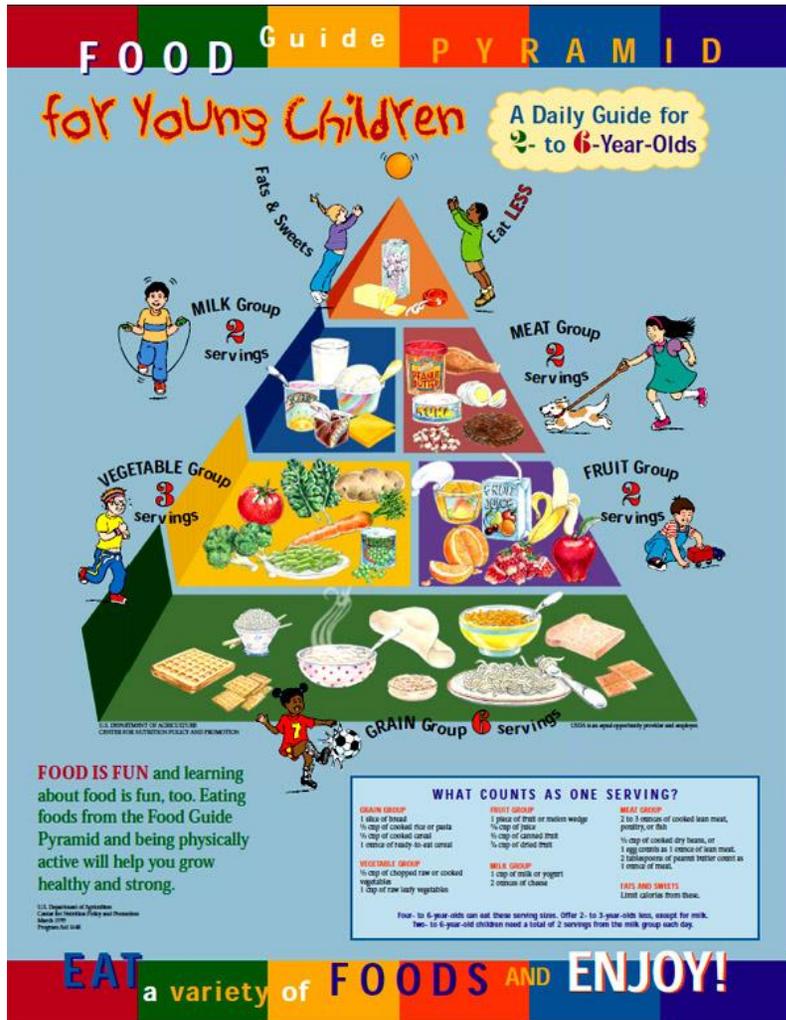


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Toast w nut butter, flaxseed Greek yogurt with blueberries	Egg Muffins (make extra!) Leftover Sweet Potatoes	Oatmeal w blueberries (put chicken in crockpot!)	Leftover Pancakes Smoothies	Oatmeal with raisins and chopped raw nuts	Waffles Apple, banana, tangerine	Toast w nut butter, flaxseed (place chicken in marinade)
Lunch	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
Dinner	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.).