

Day	MEAL MATE	Breakfast	MM	Lunch	MM	Dinner	Snacks
Monday	ED	Fried egg sandwiches & juice	EM	Leftovers or organic turkey hot dogs and french fries & fruit			Popcorn & apples
Tuesday	EM	Quiche & toast & smoothie	ED	Green salad, tuna & fruit			Crackers or chips & hummus & fruit
Wednesday	ED	Waffles or pancakes & warmed fruit & sausage	EM	pasta & veggies + dip			peanut butter & apples
Thursday	EM	Oatmeal or cereal & fruit & toast	ED	Sandwiches or leftovers + chips and fruit			veggies & dip
Friday	ED	Harbor Bagel Sandwiches & Smoothie	EM	Quesadillas or nachos & fruit or salad			cheese & crackers or popcorn & fruit
Saturday							
Saturday meal prep							
Sunday							