





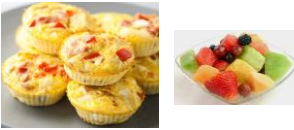











































7 Day Meal Plan - Family Friendly

Dane County EATS Healthy

	Breakfast	Lunch	Dinner	Snack
Monday	 <p>Strawberry cheesecake overnight oats</p> <p>Source: Festival Foods recipe </p>	 <p>Grilled chicken pesto with veggies</p> <p>Apple; Yogurt flip</p> <p>Source: Grocery store</p>	 <p>Black rice power bowl</p> <p>Source: Forage Kitchen </p>	 <p>Fruit bar</p> <p>Source: Grocery store</p>
Tuesday	 <p>Egg muffins with ham & pepper; Fruit</p> <p>Source: Festival Foods recipe </p>	 <p>Spiced beef with veggies & rice</p> <p>S'mores; Orange</p> <p>Source: Little John's Kitchens </p>	 <p>Sausage pizza & Garden salad</p> <p>Source: Kwik Trip </p>	 <p>Fruit & veggie pouch</p> <p>Source: Grocery store</p>
Wednesday	 <p>Tropical sunshine smoothie</p> <p>Source: Festival Foods recipe </p>	 <p>Broccoli cheddar soup</p> <p>Chicken caesar salad</p> <p>Source: Grocery store</p>	 <p>Tortellini alfredo, leeks, roasted squash</p> <p>Source: MadCity Chefs </p>	 <p>Coconut chocolate chip energy bites</p> <p>Source: Festival Foods recipe </p>
Thursday	 <p>Cereal & milk with sliced banana</p> <p>Source: Grocery store</p>	 <p>Sausage pizza (leftover) & fresh fruit</p> <p>Source: Kwik Trip </p>	 <p>Swedish meatballs & mashed potatoes</p> <p>Green beans</p> <p>Source: Kwik Trip </p>	 <p>Frozen berries with cool whip</p> <p>Source: Grocery store</p>
Friday	 <p>Apple walnut oatmeal</p> <p>Source: Grocery store</p>	 <p>Chicken tikka masala with basmati rice</p> <p>Mango lassi</p> <p>Source: Grocery store</p>	 <p>2 chicken tenders, apple sauce, milk</p> <p>Source: Culver's </p>	 <p>Vanilla custard with strawberries</p> <p>Source: Culver's </p>
Saturday	 <p>Mashed avocado toast</p> <p>Source: ChopChop </p>	 <p>Zucchini pizza bites</p> <p>Source: ChopChop </p>	 <p>Garbanzo bonanza salad</p> <p>Source: ChopChop </p>	 <p>Peanut butter granola bars</p> <p>Source: ChopChop </p>
Sunday	 <p>Sweet & spicy breakfast sandwich</p> <p>Source: Festival Foods recipe </p>	 <p>Cranberry apple chicken salad wrap</p> <p>Source: Festival Foods recipe </p>	 <p>Roasted tomato, chicken sausage zoodles</p> <p>Source: Festival Foods recipe </p>	 <p>Coconut chocolate chip energy bites</p> <p>Source: Festival Foods recipe </p>

[illegible]