

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: +Scrambled eggs w/ avocado & salsa.</p> <p>Lunch: +Tunafish & mayo +Raw veggies of choice</p> <p>Snack: +1/2 apple, walnuts, goat's milk cheddar cheese</p>	<p>Breakfast: +Goat cheddar veggie frittata +Carrots & mayo</p> <p>Lunch: +Leftover frittata +Nori seaweed wraps with avocado, sprouts, lemon juice & gluten free tamari soy sauce OR +Side salad</p> <p>Snack: +Goat's milk cheddar +Berries</p>	<p>Breakfast: +Fried eggs +Sautéed kale & shallots (or onion) +Kimchi</p> <p>Lunch: +Super Salad w/ any of the following...nuts, proscuitto, goat's milk cheese, avocado, olives, roasted garlic, sprouts, sautéed mushrooms, tuna, salmon, etc.</p> <p>Snack: +Veggies with mayo</p>	<p>Breakfast: +Scrambled eggs +Sautéed spinach or kale</p> <p>Lunch: +Leftover white bean chili or other "Blood Sugar" soup +Avocado & carrots</p> <p>Snack: +1/2 apple & goat's milk monterey cheese</p>	<p>Breakfast: +Fried eggs +Carrots & mayo</p> <p>Lunch: +Canned salmon w/ mayo...can shred goat milk cheddar on top and pop under the broiler to melt +Bell peppers & hummus</p> <p>Snack: +Zesty Crackers (see "Blood Sugar reset snack ideas" for recipe) +Goat cheese</p>

HAVE ON HAND: Loads of veggies, avocados, goat's milk cheddar/monterey jack, homemade mayo, eggs, tuna & salmon, berries, hummus, white bean chili ingredients, zesty cracker ingredients, any favorite salad toppings.