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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Class Prep	Cross Bloger	Cross Hodge	Just Make Prep	Lulu Time	Mr Time Hombler
BREAKFAST <ul style="list-style-type: none"> • Ham omelette LUNCH <ul style="list-style-type: none"> • Sardines and sprouts DINNER <ul style="list-style-type: none"> • Gucche with carrots and legumes SNACK <ul style="list-style-type: none"> • Homemade sugar free nut bar 	BREAKFAST <ul style="list-style-type: none"> • Whole wheat toast with olive oil • A glass of 8% milk • A bowl of fruit LUNCH <ul style="list-style-type: none"> • Mixed sautéed vegetables • A fried egg • Whole wheat bread DINNER <ul style="list-style-type: none"> • Oven baked zucchini boats filled with tuna, tomato, and gouda cheese • Fruit and a glass of milk SNACK <ul style="list-style-type: none"> • Mixed nuts: cashews, hazelnuts, raisins, pistachios • Natural yogurt mixed with fruits 	BREAKFAST <ul style="list-style-type: none"> • Natural orange juice • Oatmeal • Dried apricot LUNCH <ul style="list-style-type: none"> • Cheese stuffed tomatoes • Chickpeas • Whole wheat toast • Yogurt DINNER <ul style="list-style-type: none"> • Salad topped with avocado, mushrooms, and ginger • Beef tenderloin • Whole wheat toast SNACK <ul style="list-style-type: none"> • Pear with nuts • Carrots with Burgos cheese • Toast, yogurt, and aze 	BREAKFAST <ul style="list-style-type: none"> • Whole wheat toast with nut butter • Natural juice LUNCH <ul style="list-style-type: none"> • Rice with beef and vegetable stew • Seasonal fruit DINNER <ul style="list-style-type: none"> • Baked eggplant or zucchini boats filled with mozzarella cheese • Seasonal fruit SNACK <ul style="list-style-type: none"> • Seasonal fruit smoothie made with whole milk 	BREAKFAST <ul style="list-style-type: none"> • Glass of whole milk or vegetable milk • Whole milk natural yogurt • Bowl of fruit with dried nuts and seeds <p>If still hungry, whole wheat toast with homemade hazelnut butter and a banana or whole wheat toast with avocado and tomato</p> LUNCH <ul style="list-style-type: none"> • Pasta with pesto sauce topped with chicken and vegetables DINNER <ul style="list-style-type: none"> • Veggie burger with vegetables and beetroot sauce SNACK <ul style="list-style-type: none"> • Oatmeal energy cookies and nuts 	BREAKFAST <ul style="list-style-type: none"> • Oatmeal made with milk • Cacao 70% or drinkable yogurt without added sugars • Toast with olive oil LUNCH <ul style="list-style-type: none"> • Couscous with zucchini and onion • 2 tomatoes • Yogurt DINNER <ul style="list-style-type: none"> • Potato purée • Sautéed peas • Roasted chicken with lettuce • Fruit SNACK <ul style="list-style-type: none"> • Semisweetened cheese sandwich • Apple • Oatmeal cookies and a banana
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