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	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Friday, January 1</i>	eggs and sausage, fruit	turkey roll-ups with ranch	best chicken drumsticks, asparagus potato hash
<i>Saturday, January 2</i>	southwest scrambled eggs, fruit	leftover best chicken drumsticks, asparagus potato hash	baked salmon, best roasted veggies
<i>Sunday, January 3</i>	bacon and butternut squash quiche, fruit	chicken tortilla soup with salsa and raw veggies	leftover baked salmon, best roasted veggies
<i>Monday, January 4</i>	leftover bacon and butternut squash quiche, fruit	turkey roll-ups with ranch	leftover chicken tortilla soup with salsa and raw veggies
<i>Tuesday, January 5</i>	southwest scrambled eggs, fruit	stuffed peppers, green beans with almonds	roasted tomato sauce over spaghetti squash with meatballs
<i>Wednesday, January 6</i>	leftover bacon and butternut squash quiche, fruit	turkey roll-ups w/ ranch	leftover tomato sauce over spaghetti squash with meatballs
<i>Thursday, January 7</i>	eggs and sausage, fruit	taco salad with avocado ranch	whole chicken, sweet potato, veggie
<i>Friday, January 8</i>	anytime casserole, fruit	chicken salad over mixed greens	leftover stuffed peppers, green beans w/ almonds
<i>Saturday, January 9</i>	leftover anytime casserole, fruit	leftover taco salad with avocado ranch	leftover whole chicken, sweet potato, veggies
<i>Sunday, January 10</i>	leftover anytime casserole, fruit	chicken salad over mixed greens	hot dogs, baked sweet potato fries