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	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Monday, January 11</i>	eggs and sausage, fruit	ham roll-ups	shrimp cobb salad with cilantro vinaigrette
<i>Tuesday, January 12</i>	eggs and bacon, fruit	leftover shrimp cobb salad with cilantro vinaigrette	barbecue chicken drumsticks with cole slaw
<i>Wednesday, January 13</i>	spinach sausage scramble, fruit	leftover barbecue chicken drumsticks with cole slaw	walnut-crust pork tenderloin with stuffed mushrooms
<i>Thursday, January 14</i>	spinach sausage scramble, fruit	leftover pork tenderloin over mixed greens	bratwurst with peppers and onions, salad
<i>Friday, January 15</i>	anytime casserole, fruit	leftover bratwurst with peppers and onions, salad	leftover walnut-crust pork tenderloin with stuffed mushrooms
<i>Saturday, January 16</i>	leftover anytime casserole, fruit	ham roll-ups	baked chicken, green beans, cauliflower rice
<i>Sunday, January 17</i>	leftover anytime casserole, fruit	leftover chicken, green beans, cauliflower rice	classic chili with raw veggies and ranch
<i>Monday, January 18</i>	leftover anytime casserole, fruit	leftover classic chili with raw veggies and ranch	no-fuss salmon cakes with roasted vegetables
<i>Tuesday, January 19</i>	eggs and sausage, fruit	leftover classic chili with raw veggies and ranch	bun-less turkey burgers with baked sweet potato wedges
<i>Wednesday, January 20</i>	eggs and bacon, fruit	leftover no-fuss salmon cakes with roasted vegetables	leftover bun-less turkey burger with baked sweet potato wedges