

WEEKLY DETOX MENU PREPARED BY



MONDAY (WEEK 1)

BREAKFAST

Scrambled Eggs
Corn Beef Hash
Biscuits
Fruit

LUNCH

Grilled Cheese
Tomato Soup
Tater Tots
Salad

DINNER

Meatloaf
Mashed Potatoes
Vegetables

TUESDAY (WEEK 1)

BREAKFAST

Scrambled Eggs
Pancakes
Sausage Patties

LUNCH

Chicken Tenders
Onion Rings

DINNER

Tacos
Rice and Beans
Salad

WEDNESDAY (WEEK 1)

BREAKFAST

Vegetable Egg Frittata
Hash Browns
Croissants

LUNCH

Burgers
Tater Tots

DINNER

Spaghetti & Meatballs
Salad

THURSDAY (WEEK 1)

BREAKFAST

Hard-boiled Eggs
Scrambled Eggs w/Cheese
French Toast
Oatmeal

LUNCH

Assorted Wraps
(Chef's Choice)
Pasta Salad

DINNER

Sausage and Peppers
Orzo
Salad

FRIDAY (WEEK 1)

BREAKFAST

Scrambled Eggs
Sausage Links
Home Fries
Fruit

LUNCH

Gyros
Chicken Souvlaki
Greek Pilaf
Salad

DINNER

Baked Ziti w/Meat Sauce
Garlic Bread
Salad

SATURDAY (WEEK 1)

BREAKFAST

Scrambled Eggs
Sausage Patties
Assorted Danish

LUNCH

Hotdogs w/
Chili Cheese and Onions
White Rice
Pasta Salad

DINNER

Teriyaki Ginger Chicken
Stir Fry Vegetables
Spring Rolls

SUNDAY (WEEK 1)

BREAKFAST

Yogurt Parfait
Bagels w/Cream Cheese
Croissants

LUNCH

Burgers
Potato Wedges

DINNER

Chicken Parm
Rotini
Salad