

WEEKLY DETOX MENU PREPARED BY



MONDAY (WEEK 2)

BREAKFAST	LUNCH	DINNER
Scrambled Eggs w/Cheese	Quesadillas	BBQ Chicken
Bacon	Plantains	Mac & Cheese
Pancakes	Rice and Beans	Salad
Fruit	Salad	

TUESDAY (WEEK 2)

BREAKFAST	LUNCH	DINNER
Vegetable Egg Frittata	Chicken Cheddar	Taco Tuesday
Sausage Patties	Bacon Sandwiches	Dirty Rice
Grits	Potato Wedges	Fixins
	Salad	Salad

WEDNESDAY (WEEK 2)

BREAKFAST	LUNCH	DINNER
Vegetable Egg Frittata	Burgers	Spaghetti & Meatballs
English Muffins	French Fries	Garlic Bread
Fruit	Dessert	Salad

THURSDAY (WEEK 2)

BREAKFAST	LUNCH	DINNER
Yogurt Parfait	Philly Cheesesteaks	Chicken Tenders
Pancakes	Onion Rings	Mashed Potatoes
Sausage Patties		Salad
Grits		

FRIDAY (WEEK 2)

BREAKFAST	LUNCH	DINNER
Scrambled Eggs	Chicken	Chicken Parm
French Toast	Broccoli	Baked Ziti
Bacon	Rice	Salad
Fruit	Salad	

SATURDAY (WEEK 2)

BREAKFAST	LUNCH	DINNER
Hard-boiled Eggs	Cheeseburgers	Lasagna
Scrambled Eggs	Tater Tots	Garlic Bread
French Toast Sticks	Fixins	Salad
Bacon		

SUNDAY (WEEK 2)

BREAKFAST	LUNCH	DINNER
Scrambled Eggs	Hot Dogs	Turkey w/Gravy
Bagels	French Fries	Stuffing
Bacon	Dessert	Vegetables