

WEEKLY DETOX MENU PREPARED BY



MONDAY (WEEK 1)

**BREAKFAST**

Scrambled Eggs w/Cheese  
French Toast Sticks  
Sausage Links

**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