

WEEKLY DETOX MENU PREPARED BY **Green Bag MEALS** 

MONDAY (WEEK 3)

BREAKFAST	LUNCH	DINNER
Scrambled Eggs w/Cheese	Sloppy Joes	Salisbury Steak
Bacon	Cole Slaw	Vegetables
Pancakes	Tater Tots	Mashed Potatoes
Fruit	Salad	Salad

TUESDAY (WEEK 3)

BREAKFAST	LUNCH	DINNER
Vegetable Egg Frittata	Quesadillas	Shepherds Pie
Sausage Patties	Rice and Beans	Sautéed Spinach
Grits	Salad	Salad

WEDNESDAY (WEEK 3)

BREAKFAST	LUNCH	DINNER
Vegetable Egg Frittata	Burgers	Spaghetti & Meatballs
English Muffins	Tater Tots	Garlic Bread
Fruit		Salad

THURSDAY (WEEK 3)

BREAKFAST	LUNCH	DINNER
Yogurt Parfait	Philly Cheesesteaks	Chicken and Broccoli
Pancakes	Potato Wedges	Rice
Sausage Patties	Salad	Salad
Grits		

FRIDAY (WEEK 3)

BREAKFAST	LUNCH	DINNER
Scrambled Eggs	Chicken Tenders	Baked Ziti w/Meat Sauce
French Toast	Onion Rings	Garlic Bread
Bacon	Salad	Salad
Fruit		

SATURDAY (WEEK 3)

BREAKFAST	LUNCH	DINNER
Hard-boiled Eggs	Hamburgers	Sausage and Peppers
Scrambled Eggs	Pasta Salad	Orzo
French Toast Sticks	Fries	Salad
Bacon		

SUNDAY (WEEK 3)

BREAKFAST	LUNCH	DINNER
Scrambled Eggs	Cheddar and Bacon	Pork Chops
Bagels	Chicken Sandwiches	Scalloped Potatoes
Bacon	Rice Pilaf	Vegetables
	Salad	Salad