

---

# SAMPLE MEAL PLAN

---

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>	Thin Elvis Oatmeal	Hash It Out	Cherry Pie Oatmeal	Simple Frittata	PB&J Oatmeal	Olé Omelet	Blue Ribbon Oatmeal
<b>LUNCH</b>	Keen-Whaaaa? Salad	Confetti Salad	Mediterranean Dinosaur Salad	Creature from the Green Legume	Hard-Boiled Detective Salad	Voodoo Chili	Going Lentil Soup
<b>ZB DRINK</b>	Blueberry Dazzler	Strawberry Banana	Vanilla Milkshake	The Peanut Butter Cup	Mango Muscle-Up	Vanilla Milkshake	Strawberry Banana
<b>DINNER</b>	Cashew Gesundheit!	Halibut à la UPS	Quirky Turkey Burger	Sake-Eye Salmon	The Ultimate Burger	Chicken of the Mediterranean Sea	The M*A*S*H Grill
<b>SNACK (OPTIONAL)</b>	Zero Belly Cookies	Almond, Brothers	Grown-up Goldfish	Apple & Nut Butter	Zero Belly Cookies	Choco-Popcorn	Apple & Nut Butter

---