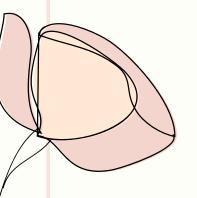


Week 7



Breakfast

Savory Oatmeal Banana Nut Muffins

Lunch

"Coodles" Salad with Spicy Sausage
Pate Melt with Pears

Nivver

Baked Lemon Herb Rock Cod Avocado Burger Lettuce Cups

Chickpea Cookie Dough

