



# *Week 7*



## *Breakfast*

Savory Oatmeal  
Banana Nut Muffins

## *Lunch*

"Coodles" Salad with Spicy Sausage  
Pate Melt with Pears

## *Dinner*

Baked Lemon Herb Rock Cod  
Avocado Burger Lettuce Cups

Chickpea Cookie Dough

