

Breakfast

Chex mix: Rice Chex, Crispix, Triscuits, pepitas, dry roasted edamame beans, peanuts, pretzel sticks, pita chips, Cheez-its

Lunch

Spaghetti and meatballs: spaghetti, mung bean noodles, tomato & basil pasta sauce, beef meatballs

Dinner

Voila Garlic chicken with noodles and vegetables: grilled white chicken, broccoli, carrots, corn with pasta seasoned in a garlic sauce