

Week 1: Mixed American & Comfort Foods

Monday:

- **Meal 1 (Breakfast):** Whole-grain blueberry muffins with organic scrambled eggs.
- **Snack 1:** Apple slices with almond butter.
- **Meal 2 (Lunch):** Grilled chicken breast, roasted sweet potatoes, and steamed green beans.
- **Meal 3 (Dinner):** Organic beef cheeseburgers, mashed cauliflower, and honey roasted carrot fries.

Tuesday:

- **Meal 1 (Breakfast):** Organic oatmeal with diced apples and a touch of maple syrup.
- **Snack 1:** Banana slices with organic yogurt and a chocolate dollop on top.
- **Meal 2 (Lunch):** Mac and cheese made with whole-grain pasta, steamed broccoli, and a side of baked chicken nuggets.
- **Meal 3 (Dinner):** Chicken-pot-pie with Caesar salad.

Wednesday:

- **Meal 1 (Breakfast):** Scrambled eggs with whole-grain toast and avocado.
- **Snack 1:** Organic popcorn with nutritional yeast.
- **Meal 2 (Lunch):** Organic beef chili with cornbread muffins and a side salad.
- **Meal 3 (Dinner):** Baked organic chicken tenders, roasted zucchini, and brown rice.

Thursday:

- **Meal 1 (Breakfast):** Whole-grain pancakes with organic maple syrup and fresh fruit.
- **Snack 1:** Orange wedges.
- **Meal 2 (Lunch):** Ham and veggie sliders on whole-grain bread with sweet potato fries.
- **Meal 3 (Dinner):** Baked tilapia, garlic mashed potatoes, and green beans.

Friday:

- **Meal 1 (Breakfast):** Organic Greek yogurt parfait with granola and berries.
- **Snack 1:** Veggie sticks with cottage cheese, mustard.
- **Meal 2 (Lunch):** BBQ pulled chicken on whole-grain rolls, coleslaw, and corn.
- **Meal 3 (Dinner):** Organic veggie soup with whole-grain crackers and a side salad.

Week 2: Mixed Hispanic & Latin American

Monday:

- **Meal 1 (Breakfast):** Whole-grain arepas with organic cheese & fruit.
- **Snack 1:** Fresh pineapple chunks.

- **Meal 2 (Lunch):** Chicken and cheese enchiladas, brown rice, and sautéed bell peppers.
- **Meal 3 (Dinner):** Tamales, lentils, and a salad.

Tuesday:

- **Meal 1 (Breakfast):** Organic oatmeal with mango and honey.
- **Snack 1:** Homemade guacamole with baked tortilla chips.
- **Meal 2 (Lunch):** Chicken pozole with shredded cabbage and lime.
- **Meal 3 (Dinner):** Grilled fish/chicken tacos with shredded cabbage and a side of cilantro-lime quinoa.

Wednesday:

- **Meal 1 (Breakfast):** Organic fruit smoothie (spinach, banana, mango, and almond milk).
- **Snack 1:** Plantain chips.
- **Meal 2 (Lunch):** Ground beef empanadas with a side of sautéed zucchini.
- **Meal 3 (Dinner):** Chicken fajitas with whole-grain tortillas and pico de gallo.

Thursday:

- **Meal 1 (Breakfast):** Scrambled eggs with ham and whole-grain toast.
- **Snack 1:** Fresh melon slices.
- **Meal 2 (Lunch):** Chicken tostadas with refried beans and shredded lettuce.
- **Meal 3 (Dinner):** Beef picadillo, white rice, and a side of roasted vegetables.

Friday:

- **Meal 1 (Breakfast):** Whole-grain waffles with cinnamon-spiced bananas.
- **Snack 1:** Fresh watermelon chunks.
- **Meal 2 (Lunch):** Cheese and veggie quesadillas with a side of guacamole.
- **Meal 3 (Dinner):** Lentil soup with a side of whole-grain bread.

Week 3: Mixed Asian & Mediterranean Fusion

Monday:

- **Meal 1 (Breakfast):** Organic jasmine rice with Chinese Steamed Eggs, sautéed mushrooms, and onion.
- **Snack 1:** Edamame pods.
- **Meal 2 (Lunch):** Chicken teriyaki, brown rice, and stir-fried vegetables.
- **Meal 3 (Dinner):** Sweet and sour breaded chicken, Korean Purple Rice, and steamed broccoli.

Tuesday:

- **Meal 1 (Breakfast):** Congee (rice porridge) with chicken and scallions.

- **Snack 1:** Fresh mango slices.
- **Meal 2 (Lunch):** Veggie sushi rolls with tamari dipping sauce.
- **Meal 3 (Dinner):** Shrimp stir-fry with rice noodles and veggies.

Wednesday:

- **Meal 1 (Breakfast):** Whole-grain green tea pancakes with honey drizzle.
- **Snack 1:** Rice crackers.
- **Meal 2 (Lunch):** Chicken ramen soup with mixed vegetables.
- **Meal 3 (Dinner):** Soba Noodles with Mushrooms and Bok Choy.

Thursday:

- **Meal 1 (Breakfast):** Organic miso soup with tofu and green onions.
- **Snack 1:** Sliced pears.
- **Meal 2 (Lunch):** Pad Thai with rice noodles, vegetables, and tofu.
- **Meal 3 (Dinner):** Beef and broccoli stir-fry with jasmine rice.

Friday:

- **Meal 1 (Breakfast):** Fresh fruit spring rolls with almond dipping sauce.
- **Snack 1:** Organic seaweed snacks.
- **Meal 2 (Lunch):** Vegetable fried rice with scrambled eggs.
- **Meal 3 (Dinner):** Coconut curry with chicken, chickpeas, and brown rice.

Week 4: Mixed Italian & Mediterranean

Monday:

- **Meal 1 (Breakfast):** Organic Greek yogurt with honey and walnuts.
- **Snack 1:** Sliced cucumber with hummus.
- **Meal 2 (Lunch):** Grilled chicken gyros on whole-grain pita with tabbouleh.
- **Meal 3 (Dinner):** Lentil soup with roasted eggplant and a side of quinoa.

Tuesday:

- **Meal 1 (Breakfast):** Whole-grain toast with hummus and cherry tomatoes.
- **Snack 1:** Fresh orange wedges.
- **Meal 2 (Lunch):** Chicken pesto panini on whole-grain ciabatta with a side of roasted vegetables.
- **Meal 3 (Dinner):** Grilled salmon with dill, roasted potatoes, and green beans.

Wednesday:

- **Meal 1 (Breakfast):** Scrambled eggs with feta cheese and spinach.
- **Snack 1:** Organic olives and crackers.
- **Meal 2 (Lunch):** Spinach and cheese ravioli with marinara sauce and a side Caesar salad.

- **Meal 3 (Dinner):** Vegetable moussaka with a side of lentil salad.

Thursday:

- **Meal 1 (Breakfast):** Organic oatmeal with dates and almonds.
- **Snack 1:** Fresh strawberries.
- **Meal 2 (Lunch):** Grilled chicken skewers with rice pilaf and tzatziki.
- **Meal 3 (Dinner):** Tomato and basil soup with whole-grain bread.

Friday:

- **Meal 1 (Breakfast):** Whole-grain bagels with cream cheese and smoked salmon.
- **Snack 1:** Sliced apples with tahini.
- **Meal 2 (Lunch):** Roasted vegetable Margherita pizza (whole-grain crust) and a side of lentil soup.
- **Meal 3 (Dinner):** Spinach and cheese ravioli with marinara sauce and a side salad.