

Breakfast:

- Yogurt with fruit
- Frittata with onions, peppers, and shredded turkey
- Grits with butter and honey
- Steel cut oats with coconut, honey, and cinnamon

Lunch:

- Black Bean Burgers, spinach salad and roasted sweet potatoes
- Ham and cheese omelets
- Leftover frittata sandwiches
- Bean and cheese quesadillas
- Turkey burgers with fried potatoes and sautéed kale

Dinner:

- Ground turkey and kale meatballs, rice, and broccoli
- Leftover brisket and roasted butternut squash with salad
- Tacos spinach and kale salad
- Asian style Stir fried veggies, and rice with hamburger
- Black bean chili with cornbread

Snacks:

- Apples,
- freeze-dried english peas,
- Coconut flour brownies,
- pears, grapes,
- The new Primal snack sticks,
- frozen corn