

ON THE MENU THIS WEEK

BREAKFAST

**Protein-Packed
Chickpea Blondies**

**Cranberry Pistachio
Cheese Spread**
with a whole-grain
bagel and orange slices

Phorrito

SNACKS

**Cranberry Pistachio
Cheese Spread**
with seed crackers
and apple slices

**Protein-Packed
Chickpea Blondies**
with raspberries

LUNCH

**Cream of Roasted
Garlic & Tomato Soup**
with your favorite
wrap or sandwich

Okra Mushroom Gumbo

Egg Roll Bowl

Phorrito

DINNER

**Cream of Roasted
Garlic & Tomato Soup**
with your favorite salad

Okra Mushroom Gumbo with corn
bread or crusty whole-grain bread

Egg Roll Bowl
with egg noodles
or brown rice

Phorrito
with your favorite
soup or broth

PREP SUNDAY

**Protein-Packed
Chickpea Blondies** –
*will keep until Friday
covered in the refrigerator*

**Cranberry Pistachio
Cheese Spread** –
*will keep until Friday
in a resealable bag in
the refrigerator*

**Cream of Roasted
Garlic & Tomato Soup** –
*will keep until Thursday
in the refrigerator, or up
to 3 months in the freezer*

Okra Mushroom Gumbo
with red and white beans –
*will keep until Thursday
in the fridge, or up to
3 months in the freezer*

Egg Roll Bowl –
*will keep until Friday
in a resealable bag in
the refrigerator*

Phorrito – *will keep until
Friday (store garnishes
separately) in resealable
bags in the refrigerator*
