



# JANUARY

## MENU PLAN

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### MONDAY

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Ultimate Breakfast  
Burrito

Greek Orzo Salad

Potato Soup  
and Side Salad

In-season fruits  
and nuts

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### TUESDAY

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Ultimate Breakfast  
Burrito

Greek Orzo Salad

Paleo Chicken Alfredo

Protein Shake

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### WEDNESDAY

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Ultimate Breakfast  
Burrito

Greek Orzo Salad

Burgers and Sweet  
Potato Fries

In-season fruits  
and nuts

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### THURSDAY

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Ultimate Breakfast  
Burrito

Tuna Salad Sandwich,  
Side Veggies

Left over Burgers and  
Greek Potato Hash

Protein Shake

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### FRIDAY

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Ultimate Breakfast  
Burrito

Tuna Salad Sandwich,  
Side Veggies

Taco Pizza

In-season fruits  
and yogurt parfait

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### SATURDAY

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HM Pancakes + Honey  
Sesame Chicken Bowl  
+ Left overs  
+Protein Shake

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### SUNDAY

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Protein Shake+ Out to Eat  
Taco Salad + Yogurt  
Parfait