

<p>B- Scrambled Eggs &amp; Fruit Salad w. yogurt</p> <p>L- Veggie Platter, Nuts, Cheese</p> <p>D- Roasted Chicken with sweet potatoes &amp; salad</p>	<p>B- Pumpkin Bread, butter, cup of yogurt</p> <p>L- Chicken salad w. leftover chicken, cheese, dates &amp; macadamias</p> <p>D- Chicken Rice Soup w. Pumpkin bread</p>	<p>B- Eggs, Bacon, Steel cut oats</p> <p>L- "Loaded" Smoothie, cheese, nuts</p> <p>D- Tacos!</p>	<p>B- Paleo Pancakes</p> <p>L- Bacon wrapped Dates, nuts, fruit.</p> <p>D- Chicken Lo Mein</p>	<p>B- Pumpkin Bread &amp; butter, yogurt</p> <p>L- leftovers, fruit, nuts, cheese</p> <p>D- Sweet Potato &amp; onion Fritatta w. Lentil Soup</p>	<p>B- Eggs, bacon, steel cut oats</p> <p>L- leftovers, fruits, nuts &amp; cheese</p> <p>D. GF pizza, Caesar salad with hard boiled egg</p>	<p>B- Paleo Pancakes, Bacon</p> <p>L- Smoothies &amp; Pumpkin bread with butter</p> <p>D- Roasted Pork with rice &amp; green beans</p>
<p>B- Smoothies &amp; fruit salad with yogurt</p> <p>L- chicken fingers &amp; homemade fries</p> <p>D- Chicken Fried Rice</p>	<p>B- Steel cut oats, eggs</p> <p>L- Veggie Platter, nuts, cheeses</p> <p>D- Chili</p>	<p>B- Pumpkin Bread with yogurt</p> <p>L- leftovers, fruits, nuts, cheeses</p> <p>D- Pulled Pork with Sweet Potato fries</p>	<p>B- Yogurt with GF granola, berries</p> <p>L- leftovers, fruits, nuts, cheeses</p> <p>D- GF 'noodles' and meatballs</p>	<p>B- Paleo Pancakes</p> <p>L- Meatballs subs on GF bread</p> <p>D- Meatloaf &amp; mashed potatoes</p>	<p>B- Eggs, bacon, GF toast with butter</p> <p>L- 'Loaded Smoothies'</p> <p>D- Fish &amp; 'chips'</p>	<p>B- Eggs Benedict</p> <p>L- Homemade chicken nuggets</p> <p>D- Baked chicken cutlets with carrots and potatoes</p>

Breakfasts- We always have eggs available, either scrambled or in a fritatta or quiche. Full fat Greek yogurt with yummy mixers like gluten free granolas, maple syrup, jams, berries and raw honey leave endless options. Occasionally we put out Johnsonville sausage (this brand is gluten free) or an uncured nitrate free bacon. We like to make a pot of raw honey & chamomile tea for the table too, in lieu of coffee. It is so nice to have something warm to drink in the morning. We did stumbled across a great company that makes sprouted grain cereals (naturally GF) so every now and then we splurge on those for a treat! Paleo pancakes are ridiculously simple and I cannot stress to you how amazing they taste. I don't know how to explain it, but our kids have yet to tell the difference. It's pretty much just bananas and eggs. CRAZY!

For waffles or when we're in a pinch we get Bob's Red Mill GF Pancake / Waffle Mix and whip that up with some coconut milk.

Lunch- Almost always utilize leftovers at lunch time. And we like to have veggie/fruit platters available with different cheeses and nuts for fats. The best part is, since kids are so great at 'grazing' I leave the platters out on the table until dinner time, and inevitably they snack until it's empty. It's easier on me, and it's easier on them...everything is within reach. For a treat for lunch, those lovely Devil on Horsebacks are nice to whip up which is why I like to keep pitted dates in the house! Chicken salads loaded with nuts, berries and avocado... yum. We've even use the leftover tacos and turned it into 'Taco Salad' the next day. Lunch should be super easy! Smoothies, milkshakes... these are also awesome, dense, quick lunches.

Dinner- We try to fry/bake all our food in coconut oil. And luckily, Sam's Club has jumped on the bandwagon and is providing an excellent quality/quantity oil for the price! Sweet potatoes are a favorite here, and carrots too. So for now, not too much veggie variety is on the table (why I buy Green Goodness or you can make your own) but we do lots of salad. If you just eliminate noodles and bread, you'd be surprised how much fuller you feel from all the protein and veggies. Most meals for dinner are easily converted into gluten free as you can swap out Rice noodles for standard noodles anytime! (Rice noodles don't taste any different!)