



**50 Days of PFC**  
**for kids!**

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Kids!**

You don't need to be a grown-up to reap the benefits of eating PFC balanced! For growing bodies, it's extra important to get plenty of quality protein, healthy fat, and fruit and veggie carbohydrates at every meal and snack. These are the building blocks kids need to help build strong bones, muscles and healthy brains. Increasing rates of childhood obesity and early onset diabetes are on the rise, and children are suffering more and more often from behavioral disorders, autoimmune conditions and early onset puberty. When we look at what's on the kid's menus, these staggering statistics really shouldn't be a surprise.

When kids are eating PFC, they're naturally fueling their bodies with real foods and avoiding inflammatory, highly processed, refined ones that cause damage. Replacing standard kid staples that are full of chemicals, dyes and added sugar (ahem—fruit snacks and mac and cheese!) with nourishing, nutrient dense foods will promote proper growth and brain development, improve their ability to focus, sleep more restfully, and boost their immune systems for all around healthier kids! Helping them learn how to eat real foods in balance will set them up for a lifetime of healthy eating habits, and teach them how to listen to their bodies and make connections between how eating real food makes them feel great!

This meal plan takes the stress out of planning and prepping. Feel free to print it, write all over it, make notes and mark it up! Once you begin to follow the meal and snack suggestions, putting your own PFC combinations together will become second nature, and your kids will have fun with it, too!

**These meals and snacks are kid tested, Cassie approved!**



## DAY 1

### BREAKFAST

"Bacon Wraps": Bacon **(P)**, avocado **(F)**, zucchini sticks **(C)** and a small clementine **(C)**.

### SNACK

Hard boiled egg **(P)**, 1/2 banana **(C)** and 1 Tbsp. peanut butter **(F)**.

### LUNCH

"Chicken nuggets". 2 oz. chicken **(P)**, and 1 oz. shredded cheddar cheese **(F)** sprinkled on 1/2 cup steamed broccoli **(C)**.

### SNACK

1/2 a beef stick **(P)**, 1/4 cup almonds **(F)** and 1/2 cup freeze dried peas **(C)**.

### DINNER

"Tuna Patties": 2 oz. tuna combined with 1 egg **(P)** and chopped onions **(C)**, coconut oil (for frying) and tartar sauce **(F)**, with zucchini on the side **(C)**.

### BEDTIME SNACK

"Chocolate Pudding #1" **(P, F & C)**.

## DAY 2

### BREAKFAST

2 eggs over-easy **(P)**, fried in coconut oil **(F)**, with 1 cup bell pepper sticks **(C)**.

### SNACK

1-2 one ounce cheddar cheese slices **(P & F)** and 4-5 rice crackers **(C)**.

### LUNCH

2 oz. each turkey and cheese roll ups **(P & F)** 2 Tbsp. unrefined ranch **(F)** and 1 cup of raw carrots/cucumbers for dipping **(C)**.

### SNACK

1 oz. chicken sausage **(P)** and 1-2 oz. cream cheese **(F)** on celery sticks **(C)**.

### DINNER

Combine 1/2 cup shredded chicken **(P)** with 2 Tbsp. unrefined mayo **(F)**, chopped grapes and celery **(C)**. Serve with 1/2 cup sweet potato rounds **(C)** cooked in butter **(F)**.

### BEDTIME SNACK

1 small apple **(C)** with 1-2 Tbsp. peanut butter **(F)**.

## DAY 3

### BREAKFAST

2 fried eggs **(P)**, with 1 oz. cheese **(F)** sprinkled on top and apple slices on the side **(C)**.

### SNACK

1 cup plain, full fat Greek yogurt **(P & F)**, with 1/4 scoop of [protein powder](#) **(P)**, topped with walnuts **(F)** and blueberries **(C)**.

### LUNCH

2 oz. chicken sausage links **(P)**, and 2 tbsp. butter **(F)** melted over 1 cup of steamed asparagus **(C)**.

### SNACK

1 turkey stick **(P)**, carrot sticks **(C)** and unrefined ranch **(F)**.

### DINNER

"Mini Kabobs": tender steak cubes **(P)**, 2 tbsp. melted butter for dipping **(F)**, small potatoes, tomatoes, and mushrooms **(C)**.

### BEDTIME SNACK

Tropical fruit cup: 1/2 cup mangos and pineapple **(C)** with 1/4 coconut milk over top **(F)**.

## DAY 4

### BREAKFAST

"Egg Bake": Eggs **(P)**, coconut milk and cheese **(F)**, and have 1 cup strawberries on the side **(C)**.

### SNACK

4-6 oz. protein shake: 1/2 scoop of [protein powder](#) **(P)**, 1/4 cup cream **(F)** and 1/4 cup cherries **(C)**.

### LUNCH

Bun-free mini turkey burgers dipped in mustard **(P)** with a few "apple sandwiches" **(F & C)**.

### SNACK

"Toothpick Bites" **(P, F & C)**.

### DINNER

"Fish Nuggets": Pieces of cod **(P)** coconut oil and unrefined tarter sauce **(F)**, with mashed butternut squash on the side **(C)**

### BEDTIME SNACK

Pear slices **(C)** sautéed in 1 tbsp. coconut oil **(F)**.

## DAY 5

### BREAKFAST

"No Oats-meal": 1 scoop [protein powder](#) (P) combined with 2 tbsp. heavy cream and 1/4 cup ground nuts (F) and 1/3 cup raisins (C).

### SNACK

1/2 cup cottage cheese (P), with pumpkin seeds (F), and raisins (C).

### LUNCH

Egg Salad: Mash together 2 hard boiled eggs (P), with 2 tbsp. unrefined mayo (F) and 1 tbsp. relish (C) and serve over 1/2 cup greens (C).

### SNACK

1 oz. beef jerky (P), 1/4 cup pecans (F) and a clementine (C).

### DINNER

2 oz. of Meatballs (P), 2 tbsp. butter (F), and 1/2 cup mashed "faux-tatoes" (mashed cauliflower) (C).

### BEDTIME SNACK

Berry smoothie: 1/4 cup cream (F) blended with 1/2 cup mixed berries (C).

## DAY 6

### BREAKFAST

Tangy Protein Shake: Blend together 1 scoop [protein powder](#) (P), 2/3 cup coconut milk (F), and 1 cup frozen mango and pineapple (C).

### SNACK

2 slices deli roast beef (P), 1 tbsp. cream cheese (F) spread on top, and a handful of cherry tomatoes (C) on the side.

### LUNCH

2 oz. chicken thigh (P), 1/2 an avocado and 1 tbsp. olive oil (F) on a romaine lettuce salad with 1/2 cup cucumbers and tomatoes (C).

### SNACK

1 cup plain, full fat Greek yogurt (P & F), with 1/4 scoop of [protein powder](#) (P), topped with walnuts (F) and blackberries (C).

### DINNER

1 cup chicken & vegetable soup: 2 oz. chicken (P) with cooked carrots, celery and onion (C). Served with 2 tbsp. butter (F) on rice crackers.(C).

### BEDTIME SNACK

5-6 rice crackers (C) with sun butter (F).

## DAY 7

### BREAKFAST

Scramble 1-2 eggs **(P)** with 1/2-1 cup onions and peppers **(C)** and top with 2 tbsp. sour cream **(F)**.

### SNACK

1 oz. chicken sausage **(P)**, 1/4 cup olives **(F)**, and a small pear **(C)**.

### LUNCH

Meatloaf **(P)** with a side salad **(C)** that includes a sprinkle of cheese and unrefined ranch dressing **(F)**.

### SNACK

1 oz. deli turkey **(P)** rolled around 2 tbsp. goat cheese **(F)** and a clementine **(C)**.

### DINNER

1 cup beef chili: brown ground beef **(P)**, and mix with onions, tomatoes, tomato sauce, beans, etc. **(C)**, and top with sour cream **(F)**.

### BEDTIME SNACK

Celery sticks **(C)** with 1-2 tbsp. peanut butter **(F)**.

## DAY 8

### BREAKFAST

2 oz. turkey breakfast sausage **(P)**, 2 tbsp. butter **(F)**, and 1/2 cup hash browns **(C)**.

### SNACK

1/2 beef stick **(P)**, 1/2 bell pepper **(C)** spread with goat cheese **(F)**.

### LUNCH

2 oz. rotisserie chicken **(P)**, 1/4 cup guacamole **(F)** on baby carrots for dipping **(C)**.

### SNACK

1 1/2 cup cottage cheese **(P & F)**, with 1-2 watermelon slices **(C)**.

### DINNER

2 oz. beef pot roast **(P)** with 2 tbsp. olive oil **(F)** drizzled over the beef and 1/2 cup baby red potatoes **(C)**.

### BEDTIME SNACK

Whole milk cheese curds **(F)** and grapes **(C)**.

## DAY 9

### BREAKFAST

Scramble 2 eggs **(P)** with 1-2 oz. goat cheese chèvre **(F)** and 1/2 cup chopped kale **(C)**. Serve with pear slices **(C)**.

### SNACK

1 oz. deli ham **(P)**, spread with 1-2 tbsp. cream cheese **(F)**, and rolled around cucumber slices **(C)**.

### LUNCH

1 cup leftover beef chili **(P & C)** with 1/2 an avocado on top **(F)**.

### SNACK

1 hard boiled egg **(P)** 1/4 cup macadamia nuts **(F)** and a small pear **(C)**.

### DINNER

2 oz. chicken breast tenders **(P)** with a side of mixed Asian veggies **(C)**, cooked in 2 tbsp. coconut oil **(F)**.

### BEDTIME SNACK

"Banana bites" **(F & C)**.

## DAY 10

### BREAKFAST

2 oz. chicken sausage links **(P)**, 2 tbsp. peanut butter **(F)**, and a small banana **(C)**.

### SNACK

Chocolate shake: blend 1/2 a scoop of [protein powder](#) **(P)**, 1/4 cup of heavy cream **(F)** and 1/2 a banana **(C)** + 1 tbsp. cocoa powder.

### LUNCH

2 oz. tuna **(P)**, mixed with 2 tbsp. mayo **(F)** and scooped up with cucumber slices **(C)**.

### SNACK

1 cup plain full fat Greek yogurt **(P & F)**, with 1/4 scoop [protein powder](#) **(P)** topped with nuts **(F)** and blueberries **(C)**.

### DINNER

"BBQ Peppers:" 2 oz. BBQ pulled pork **(P)**, 1/2 an avocado **(F)** and 1 whole bell pepper **(C)**.

### BEDTIME SNACK

1/4 cup of guacamole **(F)** and baby carrots for dipping **(C)**.

## DAY 11

### BREAKFAST

3 slices of bacon **(P)** 2 tbsp. butter **(F)** and 1 cup sautéed sweet potato bites **(C)**.

### SNACK

1/2 cup cottage cheese **(P & F)** and 1/2 cup grapes **(C)**.

### LUNCH

"Beef Art:" Deli roast beef **(P)** and "Ants on a Log" **(F & C)**.

### SNACK

1 hard boiled egg **(P)** 1/2 a banana **(C)** with 1-2 tbsp. almond butter **(F)**.

### DINNER

"Salmon Salad Canoes:" 2 oz. canned wild salmon **(P)**, 2 tbsp. unrefined mayo **(F)**, and cucumbers **(C)**.

### BEDTIME SNACK

1/2 cup of raspberries **(C)** with 1/4 cup of heavy cream **(F)**.

## DAY 12

### BREAKFAST

2 oz. turkey breakfast sausage **(P)**, 2 tbsp. almond butter **(F)**, and apple dippers **(C)**.

### SNACK

1 oz. deli turkey **(P)** rolled up with 1 slice of Swiss cheese **(F)** with 1/2 cup strawberries **(C)**.

### LUNCH

Cod fillet **(P)** with unrefined tarter sauce **(F)** and 1/2 cup roasted sweet potatoes on the side **(C)**.

### SNACK

1 oz. beef jerky **(P)** with carrots **(C)** dipped in hummus **(C)** and olive oil **(F)**.

### DINNER

"Thai Chicken Wraps:" 2 oz. of chicken strips **(P)**, fried in 2 tbsp. coconut oil **(F)** and 1/2 cup sliced bell peppers and 1/2 cup broccoli slaw **(C)**.

### BEDTIME SNACK

Apple slices **(C)** sautéed in 1 tbsp. of butter **(F)**.



## DAY 13

### BREAKFAST

Blue protein shake: Blend together 1 scoop [protein powder](#) (P) 1/4 cup heavy cream (F) and 2/3 cup blueberries (C).

### SNACK

"Avocado Eggs" (P & F) and a kiwi (C).

### LUNCH

2 chicken legs (P) dipped in 2 tbsp. unrefined ranch (F) with sautéed green beans (C) on the side.

### SNACK

1/2 cup tuna salad (P & F) scooped with 5-6 rice crackers (C).

### DINNER

"Walleye Fingers:" 2 oz. walleye (P), 1/2 cup parmesan and mayo (F), and 1/2 cup green peas (C).

### BEDTIME SNACK

"Chocolate Delight" (F & C).

## DAY 14

### BREAKFAST

"Pizza Omelet:" 2 eggs (P), 1/4 cup shredded cheese (F), 1/2 cup onions and green peppers (C).

### SNACK

1/2 of a beef stick (P) 1/4 cup shaved coconut (F) and 1/8 cup dried cranberries (C).

### LUNCH

"Nachos:" 2 oz. seasoned beef (P), sour cream (F) 1/2 cup sweet potatoes + shredded spinach, tomatoes, onions and salsa (C).

### SNACK

1/2 a turkey stick (P) and 1/2 cup cauliflower (C) dipped in unrefined ranch (F).

### DINNER

2 chicken legs (P) dipped in BBQ sauce (C) served with 1/2 cup butternut squash (C) with 2 tbsp. melted butter on top (F).

### BEDTIME SNACK

1 large pickle (C) wrapped in a slice of cheddar cheese (F).

## DAY 15

### BREAKFAST

"Mini Frittatas:" Egg **(P)**, 1/4 cup feta cheese **(F)**, a handful of spinach and a side of 1/2 cup melon **(C)**.

### SNACK

1 oz. of salami **(P)**, rolled up with 1 slice of pepper jack cheese **(F)** and 1/2 cup green peppers **(C)**.

### LUNCH

Roll 2-3 oz. deli ham **(P)** with a slice of tomato and a cucumber **(C)** and dip in 2 tbsp. unrefined ranch **(C)**.

### SNACK

1 oz. salmon jerky **(P)** 1/4 cup plain almonds **(F)** and 1/2 cup grapes **(C)**.

### DINNER

2 oz. chicken breast **(P)**, 1/4 cup heavy cream & cheese (in homemade alfredo sauce) **(F)**, over 1 cup steamed asparagus **(C)**.

### BEDTIME SNACK

6-8 organic corn chips **(C)** dipped in 1/4 cup guacamole **(F)**.

## DAY 16

### BREAKFAST

"Sweet Potato Nests:" 1-2 hard boiled eggs **(P)**, 2 tbsp. butter **(F)**, and 1/2 cup shredded sweet potato **(C)**.

### SNACK

2 slices of deli ham **(P)** with 1 tbsp. cream cheese spread on each slice **(F)** then rolled around a pickle **(C)**.

### LUNCH

2 roasted chicken legs **(P)**, served with a side of roasted Brussels sprouts **(C)** cooked in 2 tbsp. of coconut oil **(F)**.

### SNACK

1/2 a turkey stick **(P)**, 6-8 organic corn chips **(C)** dipped in sour cream **(F)** and salsa **(C)**.

### DINNER

2 oz. steak strips **(P)** dipped in ketchup with 1/2 cup onions, mushroom and asparagus **(C)** sautéed in butter **(F)**.

### BEDTIME SNACK

1/2-1 cup mashed sweet potato **(C)** topped with 1 tbsp. butter **(F)** and cinnamon.

## DAY 17

### BREAKFAST

3 strips of bacon **(P)**, 1 tbsp. butter **(F)**, and 1/2 cup sautéed zucchini **(C)**.

### SNACK

1 oz. of turkey jerky **(P)**, 1/8 cup raisins **(C)** and 1/4 cup cashews **(F)**.

### LUNCH

2 oz. salmon **(P)** mixed with 2 tbsp. unrefined mayo **(F)** and served in a lettuce wrap with a side of 1/2 cup melon **(C)**.

### SNACK

1 hard boiled egg **(P)** and carrots **(C)** dipped in unrefined ranch **(F)**.

### DINNER

2 oz. rotisserie chicken **(P)**, and 1 cup of green beans **(C)** cooked in 2 tbsp. butter **(F)**.

### BEDTIME SNACK

1 small rice tortilla **(C)** with 2 tbsp. peanut butter spread on top **(F)**.

## DAY 18

### BREAKFAST

"Banana Pancakes:" Eggs **(P)**, butter **(F)**, and banana **(C)**.

### SNACK

"Protein Peanut Butter" **(P & F)** with apple slices **(C)**.

### LUNCH

2 oz. pork chop bites **(P)** and 2 tbsp. unrefined ranch **(F)** over a spinach salad **(C)**.

### SNACK

1/2 cup egg salad **(P & F)** with 5-6 rice crackers **(C)**.

### DINNER

2 beef brats **(P)** served with sauerkraut and a side salad **(C)** with an olive oil dressing **(F)**.

### BEDTIME SNACK

1/2 cup mixed berries **(C)** sautéed in 1 tbsp. of coconut oil **(F)**.

## DAY 19

### BREAKFAST

2 scrambled eggs **(P)**, topped with 1/4 cup guacamole **(F)**, and a small orange on the side **(C)**.

### SNACK

1/2 of a beef stick **(P)**, 1/2 cup of pistachios **(F)** and 1/4 cup dried apricots **(C)**.

### LUNCH

"Turkey Art:" Turkey **(P)** cut veggies **(C)** and "Chocolate Pudding #1" **(F & C)**.

### SNACK

1 chicken leg **(P)** and mini peppers **(C)** dipped in herbed cream cheese **(F)**.

### DINNER

Taco Salad: Seasoned beef taco meat **(P)** with chopped peppers and tomatoes over romaine lettuce, topped with salsa **(C)** and guacamole **(F)**.

### BEDTIME SNACK

"Orange Sorbet" **(C & F)**.

## DAY 20

### BREAKFAST

"No Oats-meal:" 1 scoop [protein powder](#) **(P)** 1/4 cup nuts and 1/4 cup coconut milk **(F)** and 1/2 cup raspberries **(C)**.

### SNACK

"Toothpick Bites" **(P & F & C)**.

### LUNCH

1/4 lb. turkey burger **(P)** with a side of fresh sugar snap peas **(C)** dipped in 2 tbsp. unrefined ranch **(F)**.

### SNACK

Chocolate Shake: Blend 1/2 scoop of [protein powder](#) **(P)**, 1/4 cup heavy cream **(F)** and a large handful of spinach + 1 tbsp. cocoa powder **(C)**.

### DINNER

2 hard boiled eggs **(P)** mashed with 1 tbsp. unrefined mayo **(F)** and mustard, served on a spinach salad **(C)**.

### BEDTIME SNACK

1/2 cup whole milk cheese curds **(F)** and 1/2 cup raspberries **(C)**.

## DAY 21

### BREAKFAST

2 oz. sausage **(P)** and 2 tbsp. butter **(F)**, on 1/2 cup sautéed sweet potato **(C)**.

### SNACK

1 cup full fat, plain Greek yogurt **(P & F)**, with 1/4 scoop of [protein powder](#) **(P)** top with pecans **(F)** and chocolate chips **(C)**.

### LUNCH

2 oz. chicken taco meat **(P)** with chopped tomatoes and green peppers in a lettuce wrap, **(C)** topped with 2 tbsp. sour cream **(F)**.

### SNACK

"Protein PB" **(P & F)** with 1/2 a banana **(C)**.

### DINNER

"BBQ Peppers #2:" 2 oz. BBQ chicken **(P)**, 1 oz. cheddar cheese **(F)** and 1 whole bell pepper **(C)**.

### BEDTIME SNACK

"Orange Sorbet" **(C & F)**.

## DAY 22

### BREAKFAST

2 egg omelet **(P)** with 1/4 cup black beans and 1/2 cup chopped peppers **(C)** fried in 2 tbsp. butter **(F)**.

### SNACK

"Mexican Cup" **(P & F & C)**.

### LUNCH

2 oz. cod fillet **(P)** topped with 2 tbsp. tarter sauce **(F)** served with 1/2-1 cup greens **(C)** sautéed in butter **(F)**.

### SNACK

1 oz. salmon jerky **(P)**, 1/2 cup green olives **(F)** and a clementine **(C)**.

### DINNER

2 oz. pork roast **(P)** topped with 1 oz. parmesan **(F)** and served with 1/2 cup steamed cauliflower and broccoli **(C)** drizzled with butter **(F)**.

### BEDTIME SNACK

"Pumpkin Soup" **(F & C)**.

## DAY 23

### BREAKFAST

2 oz. of chicken sausage links **(P)** and 2 tbsp. almond butter **(F)**, with apple slices **(C)**.

### SNACK

"Protein Peanut Butter" **(P & F)**, with celery sticks **(C)**.

### LUNCH

2 oz. chicken thigh **(P)** served with a side of 1/2 cup mashed sweet potatoes **(C)** prepared with 2 tbsp. of butter **(F)**.

### SNACK

1 cup full fat, plain Greek yogurt **(P & F)** with a 1/4 scoop of [protein powder](#) **(P)**. Top with sunflower seeds **(F)** and cherries **(C)**.

### DINNER

2 oz. of chicken breast **(P)** with a small baked potato **(C)** topped with 2 tbsp. sour cream **(F)**.

### BEDTIME SNACK

1/2 cup gluten free oatmeal **(C)** with 1 tbsp. coconut oil blended in **(F)**. Sprinkle with cinnamon.

## DAY 24

### BREAKFAST

2 eggs **(P)** fried in 2 tbsp. coconut oil **(F)** with a clementine **(C)** on the side.

### SNACK

1 oz. leftover chicken **(P)** and 5-6 rice crackers **(C)** spread with sun butter **(F)**.

### LUNCH

2 oz. steak fajita strips **(P)** topped with 2 tbsp. tarter sauce **(F)** served with 1/2-1 cup greens **(C)** sautéed in butter **(F)**.

### SNACK

"Toothpick Bites" **(P, F & C)**.

### DINNER

"Tortilla Pizzas:" 2 oz. sausage or pepperoni **(P)** mozzarella and butter **(F)** and tortilla **(C)**.

### BEDTIME SNACK

Cherry smoothie. Blend 1/3 cup frozen cherries **(F)** with 1/4 cup heavy cream **(C)**.

## DAY 25

### BREAKFAST

2 oz. turkey breakfast sausage **(P)** and a side of 1/2 cup raspberries **(C)**, with 1/8 cup heavy cream drizzled on top **(C)**.

### SNACK

1/2 of a turkey burger **(P)**, dipped in unrefined mayo **(F)** with sugar snap peas on the side **(C)**.

### LUNCH

2 oz. shredded pork **(P)** over of 1/2 cup diced sweet potatoes **(C)** drizzled with 2 tbsp. melted butter **(F)**.

### SNACK

1 turkey sausage **(P)** with a 1/2 cup broccoli **(C)** dipped in guacamole **(F)**.

### DINNER

2/3 cup meat sauce **(P)** over 2/3 cup spaghetti squash **(C)** and a side salad **(C)** with 2 tbsp. unrefined ranch **(F)**.

### BEDTIME SNACK

5-6 rice crackers **(C)** with 2-3 tbsp. goat cheese **(F)**.

## DAY 26

### BREAKFAST

1 cup full fat, plain Greek yogurt **(P & F)** topped with 1/4 cup nuts **(F)** and 1/2 cup berries **(C)**.

### SNACK

1 chicken sausage **(P)** 1 oz. Swiss cheese **(F)** and 1/2 cup sweet potato chips **(C)**.

### LUNCH

"Quesadillas #1" **(P, F & C)**

### SNACK

1/2 beef stick **(P)** 1/4 cup pumpkin seeds **(F)** and 1/8 cup raisins **(C)**.

### DINNER

2 oz. beef taco meat **(P)** and 1/2 cup guacamole **(F)** served with salsa in a lettuce wrap **(C)**.

### BEDTIME SNACK

Celery sticks **(C)** with 2 tbsp. almond butter **(F)**.

## DAY 27

### BREAKFAST

2 chicken sausage links (P), 1/4 cup pecans (F) and 1/3 cup raisins (C).

### SNACK

1 cup full fat, plain Greek yogurt (P & F), with 1/4 scoop [protein powder](#) (P) topped with nuts (F) and blueberries (C).

### LUNCH

1 cup full fat cottage cheese (P & F) with 1/2 cup cherry tomatoes (C) and turkey slices (P) on rice crackers (C).

### SNACK

"Toothpick Bites" (P, F & C)

### DINNER

2 oz. teriyaki chicken (P) with a size of 1/2 cup stir-fried Asian vegetables (C) cooked in coconut oil (F).

### BEDTIME SNACK

1/4 cup cashews (F) with a few dried mango slices (C).

## DAY 28

### BREAKFAST

2-3 slices of bacon (P) 1/2 cup full fat, plain yogurt (P & F) and 2/3 cup blueberries (C).

### SNACK

1 oz. salmon jerky (P) with 1/2 cup green peas (C) and 1 tbsp. butter (F).

### LUNCH

2 oz. shredded chicken (P) mixed with 2 tbsp. unrefined mayo and 1 tbsp slivered almonds (F), scooped up with cucumber slices (C).

### SNACK

2 deviled eggs (P & F) and a handful of mini pickles (C).

### DINNER

Mini beef burgers (P) topped with cheese (F) and served with a side salad (C) with an olive oil based dressing (F).

### BEDTIME SNACK

"Chocolate Pudding #2 (F & C).



## DAY 29

### BREAKFAST

2 over-easy eggs **(P)**, served with 1/2 diced sweet potatoes **(C)** sautéed in butter **(F)**.

### SNACK

1/2 a wild salmon stick **(P)**, 6-8 organic corn chips **(C)** and 1/4 cup guacamole **(F)**.

### LUNCH

2 oz. turkey breast **(P)** and 1 cup creamy tomato basil soup **(F & C)**.

### SNACK

Cucumber slices **(C)** topped with salami **(P)** and mozzarella cheese **(F)**.

### DINNER

Spaghetti: meat sauce **(P & C)** over spaghetti squash **(C)** with a side salad **(C)** drizzled with olive oil dressing **(F)**.

### BEDTIME SNACK

2/3 cup "Monkey Food" **(F & C)**.

## DAY 30

### BREAKFAST

"Protein Pucks" **(P, F & C)** 1/2 cup full fat, plain yogurt **(P & F)**.

### SNACK

1/2 a beef stick **(P)** with 2 Tbsp. peanut butter **(F)** and celery **(C)**.

### LUNCH

2 chicken legs **(P)** served with a side of 1/2 cup steamed broccoli **(C)**, with 1 oz. cheddar or parmesan cheese sprinkled on top **(F)**.

### SNACK

1/2 a salmon stick **(P)**, carrots and cucumbers **(C)** dipped in 1-2 tbsp. unrefined ranch **(F)**.

### DINNER

Taco salad: 2 oz. shredded chicken taco meat **(P)** with chopped peppers and tomatoes over romaine lettuce, topped with salsa **(C)** and sour cream **(F)**.

### BEDTIME SNACK

1/2 cup blueberries **(C)** topped with real whipped cream **(F)**.

## DAY 31

### BREAKFAST

2 eggs **(P)**, scrambled with 1/2 cup diced tomatoes **(C)** and topped with 2 tbsp. sour cream **(F)**.

### SNACK

"Toothpick Bites #6" **(P, F & C)**.

### LUNCH

BLAT salad: Combine 2 oz. of chopped bacon **(P)** romaine lettuce, tomatoes **(C)**, chunks of avocado and toss with unrefined mayo **(F)**, salt & pepper.

### SNACK

1/2 a beef stick **(P)** and 1/2 cup pineapple **(C)** topped with real whipped cream **(F)**.

### DINNER

Skillet meal: Cut up 2 oz. chicken sausage links **(P)** and stir fry with cubed sweet potatoes, onions and spinach **(C)** in 2 tbsp. of butter **(F)**.

### BEDTIME SNACK

Carrot sticks **(C)** dipped in 2 tbsp. unrefined ranch **(F)**.

## DAY 32

### BREAKFAST

2 oz. ground chicken sausage **(P)** with 1/2 cup diced zucchini and 1/2 cup diced onions **(C)** all sautéed in 2 tbsp. butter **(F)**.

### SNACK

1/2 cup chicken salad **(P & F)** scooped with cucumber slices **(C)**.

### LUNCH

2 oz. roasted chicken **(P)** served over 1 cup romaine lettuce **(C)**, drizzled with 2 tbsp. unrefined ranch **(F)**.

### SNACK

Chocolate [protein powder](#) mixed in almond milk **(P)**, with 1/4 cup almonds **(F)** and 1/4 cup dehydrated peas on the side **(C)**.

### DINNER

1 cup chicken and wild rice soup made with real cream **(P, F & C)** with a side of green beans and butter **(F & C)**.

### BEDTIME SNACK

1/2 cup raspberries **(C)** topped with coconut cream **(F)**.

## DAY 33

### BREAKFAST

2 turkey sausage links **(P)**, 1/2 cup plain, full fat yogurt **(P & F)** with walnuts **(F)** and blueberries **(C)**.

### SNACK

1/2 a turkey stick **(P)**, 1/2 cup pistachios **(F)** and 1/4 cup raisins **(C)**.

### LUNCH

2 oz. deli ham **(P)** and 1 oz. cheddar cheese **(F)** rolled up with 1 cup of bean and veggie soup on the side **(C)**.

### SNACK

1/2 oz. salmon jerky **(P)**, 1/4 cup shredded coconut **(F)** and 1/4 cup freeze dried strawberries **(C)**.

### DINNER

2 chicken legs **(P)** dipped in BBQ sauce **(C)** with steamed broccoli **(C)** and 1 tbsp. butter **(F)**.

### BEDTIME SNACK

1/2 a banana **(C)** topped with 2 tbsp. of sun-butter **(F)**.

## DAY 34

### BREAKFAST

Yogurt parfait: Mix 1/2 scoop [protein powder](#) **(P)** into 1 cup plain, full fat Greek yogurt **(P & F)**. Top with nuts, shaved coconut **(F)**. and berries **(C)**.

### SNACK

1/2 oz. deli turkey and 1 oz. cheese roll-ups **(P & F)** and 1/2 cup grape tomatoes **(C)**.

### LUNCH

"Quesadillas #2" **(P. F & C)**

### SNACK

1 oz. chicken sausage **(P)**, with 1/2 an avocado **(F)** salted and scooped out with 5-6 rice crackers **(C)**.

### DINNER

2 oz. beef taco meat **(P)** served over 1/2-2/3 cup spaghetti squash **(C)** topped with 1/2 cup guacamole **(F)**.

### BEDTIME SNACK

1/2 cup fresh strawberries with melted dark chocolate **(C)** topped with 1/2 cup coconut flakes **(F)**.

## DAY 35

### BREAKFAST

"Hash Brown Cups" with 1/2 an avocado **(P, F & C)**.

### SNACK

1 oz. deli roast beef **(P)**, 5-6 organic corn chips **(C)** and 1/4 cup sour cream/salsa **(F & C)**.

### LUNCH

2 oz. ground turkey sausage **(P)** sautéed with 1/2 cup diced sweet potatoes **(C)** in 1-2 tbsp. butter **(F)**.

### SNACK

Blend 1/2 a banana **(C)** with 1/2 a scoop vanilla [protein powder](#) **(P)** with 1 tbsp. nut butter **(F)** to make a pudding.

### DINNER

2 oz. pork pot roast **(P)** with 1/2 cup mashed potatoes **(C)** with 1 tbsp. butter **(F)** and 1/2 cup green beans **(C)** with 1 tbsp. butter **(F)**.

### BEDTIME SNACK

5-6 rice crackers **(C)** with 1 tbsp. hummus and 1 tbsp. olive oil **(F)**.

## DAY 36

### BREAKFAST

2 fried eggs **(P)** topped with cheddar cheese **(F)** with a side of cantaloupe **(C)**.

### SNACK

1/2 cup cottage cheese **(P)** topped with 1/2 cup grape tomatoes **(C)** and 1 tbsp. sunflower seeds.

### LUNCH

2 oz. roasted turkey **(P)** with a side of 1/2 cup butternut squash and 1/2 cup steamed cauliflower **(C)** with 1 tbsp. butter on each **(F)**.

### SNACK

1 oz. deli roast beef **(P)**, with a slice of avocado **(F)** inside with a side of carrot sticks **(C)**.

### DINNER

1 cup chicken chili with beans **(P & C)** topped with 2 tbsp. of sour cream **(F)**.

### BEDTIME SNACK

1 oz. whole milk cheese curds **(F)** with cucumber slices **(C)**.

## DAY 37

### BREAKFAST

2 hard boiled eggs **(P)** with a side of 1/2 cup potato "sticks" **(C)** fried in butter **(F)**.

### SNACK

1/2 oz. beef jerky **(P)**, 1/4 cup pecans and coconut flakes **(F)** and raisins **(C)**.

### LUNCH

2 oz. chicken sausage **(P)** with 1 cup creamy tomato basil soup **(F & C)**.

### SNACK

1 chicken leg **(P)**, 1 oz. Swiss cheese **(F)** and apple slices **(C)**.

### DINNER

Stir-fry 2 oz. of steak strips **(P)** with 1 cup pineapple and broccoli mix **(C)** cooked in 2 tbsp. of coconut oil **(F)** and season with gluten free soy sauce.

### BEDTIME SNACK

1/4 cup cashews **(F)** with 1/2 cup blueberries **(C)**.

## DAY 38

### BREAKFAST

1/2-1 cup cottage cheese **(P & F)** with 2 tbsp. sun butter **(F)** on top of banana slices **(C)**.

### SNACK

1/2 scoop vanilla [protein powder](#) mixed into 6 oz. of almond milk **(P)** with 1/2 of a rice tortilla **(C)** and 2 tbsp. nut butter **(F)** rolled up.

### LUNCH

"Beef Rafts" **(P, F & C)** with a side of steamed asparagus spears **(C)** dipped in unrefined mayo **(F)**.

### SNACK

Ham **(P)**, cream cheese **(F)** and pickle **(C)** roll-ups.

### DINNER

2-3 oz. sloppy joe meat **(P & C)** served over sliced zucchini **(C)** cooked in 1-2 tbsp. coconut oil **(F)**.

### BEDTIME SNACK

1/2 cup blackberries **(C)** with 1/4 cup whipped coconut cream **(C)**.

## DAY 39

### BREAKFAST

2 oz. chicken sausage **(P)** with a side of 1/2 cup potato "sticks" **(C)** fried in butter **(F)**.

### SNACK

1 cup yogurt **(P & F)**, 1/4 scoop [protein powder](#) **(P)** and 1/2 cup strawberries **(C)**.

### LUNCH

2 oz. shredded chicken **(P)**, shredded carrots and BBQ sauce served in a lettuce wrap **(C)** with a cheese stick on the side **(F)**.

### SNACK

"Chocolate Pudding" **(F & C)**, with half a turkey stick **(P)**.

### DINNER

Bun-free mini cheeseburgers **(P & some F)** with carrots and celery sticks **(C)** dipped in hummus and olive oil **(F)**.

### BEDTIME SNACK

Chia seed pudding made with honey and coconut milk **(F & C)**.

## DAY 40

### BREAKFAST

Strawberry protein shake: Blend together 1 scoop vanilla [protein powder](#) **(P)** with 1/2 cup coconut milk **(F)** and 1/2 cup strawberries **(C)**.

### SNACK

1/2 oz. turkey jerky **(P)** with 1/2 cup black olives **(F)** and 1/2 cup sugar snap peas **(C)**.

### LUNCH

1 cup chicken & rice soup **(P & C)** with rice crackers **(C)** and cheddar cheese **(F)** on the side.

### SNACK

1 oz. deli turkey **(P)**, with mayo **(F)** rolled up and a clementine **(C)** on the side.

### DINNER

Stuff a small baked sweet potato **(C)** with a tbsp. of butter **(F)** and 2 oz. BBQ chicken **(C)** and top with avocado slices **(F)**.

### BEDTIME SNACK

1/2 cup sliced kiwis **(C)** with 1/4 cup real whipped cream **(F)**.

## DAY 41

### BREAKFAST

"Kid's Omelet" (P, F & C).

### SNACK

1 oz. leftover chicken breast (P) and 1/2 cup fresh veggies (C) all dipped in unrefined ranch (F).

### LUNCH

1/2-1 scoop [protein powder](#) in six oz. of almond milk (P), with peanut butter (F) and strawberries on a rice tortilla (C).

### SNACK

1/2 a beef stick (P) and 1/2 cup mashed sweet potato (C) with butter (F).

### DINNER

"Pizza Casserole" (P, F & C).

### BEDTIME SNACK

2 tbsp. peanut butter (F) mixed with 1/4 cup chocolate chips and raisins (C).

## DAY 42

### BREAKFAST

"Protein Balls" (P, F & C).

### SNACK

Hard boiled egg (P) and mini bell peppers (C) dipped in goat cheese chèvre (F).

### LUNCH

Breakfast for lunch: Make 1-2 "Banana Pancakes." (P & C) Spread 2 tbsp. almond butter on them (F) and have 2 slices of bacon (P) on the side.

### SNACK

1/2-3/4 sized portion of "No Oats-meal" (P, F & C).

### DINNER

2 oz. shredded chicken (C) mixed with 2 tbsp. unrefined mayo (F) and served in a lettuce wrap (C) with carrot sticks on the side (C).

### BEDTIME SNACK

6-8 organic corn chips (C) with 1/4 cup sour cream (F).

## DAY 43

### BREAKFAST

"Turkey Sausage Stacker" (**P, F & C**).

### SNACK

1 cup kefir (**P & F**) mixed with 1/4 scoop chocolate [protein powder](#) (**P**) with 1/2 cup freeze dried strawberries on the side (**C**).

### LUNCH

"Cucumber Sandwiches" (**P, F & C**), with apple slices (**C**) sautéed in 1 tbsp. coconut oil (**F**) and topped with cinnamon.

### SNACK

1/2 oz. turkey jerky (**P**), 1 cheese stick (**F**) and 1/4 cup chocolate chips and raisins (**C**).

### DINNER

2-3 oz. cod fillet (**P**) cut into strips and dipped in refined tartar sauce (**F**) with a side of 2/3 cup sweet potato fries (**C**).

### BEDTIME SNACK

1 cup plain, full-fat yogurt (not Greek) (**F**) mixed with 1/2 cup strawberries (**C**).

## DAY 44

### BREAKFAST

3 strips of bacon (**P**) with asparagus spears (**C**) sautéed in the bacon grease (**F**).

### SNACK

1 strip of bacon (**P**) and celery sticks (**C**) dipped in almond butter (**F**).

### LUNCH

Smoothie on the go: 1 cup plain kefir (**P & some F**) with 1/2 scoop [protein powder](#) (**F**) and 1/2 a banana on the side (**C**).

### SNACK

1/2 oz. salmon jerky (**P**), and apple slices (**C**) sautéed in coconut oil (**F**).

### DINNER

Bun-free mini chicken sliders (**P**) topped with lettuce, tomato (**C**) and avocado slices (**F**). with carrot sticks on the side (**C**). Serve with 1/2 cup butternut squash (**C**) sautéed in 1 tbsp. coconut oil (**F**).

### BEDTIME SNACK

Sliced bell peppers (**C**) dipped in unrefined ranch (**F**).



## DAY 45

### BREAKFAST

2 hard boiled eggs (P with sliced apples (C) and 2 tbsp. peanut butter (F).

### SNACK

5-6 rice crackers (C) with "Protein Peanut Butter" (P & F) and strawberries (C) on top.

### LUNCH

"Quesadillas #3" (P, F & C).

### SNACK

1/2-1 oz. roasted turkey (P) dipped in guacamole (F) with carrot sticks (C).

### DINNER

2 oz. canned salmon (P) mixed with 2 tbsp. unrefined mayo (F), mustard and relish and scooped up with bell peppers (C). 1 small pear on the side (C).

### BEDTIME SNACK

"Hot Chocolate" (F & C).

## DAY 46

### BREAKFAST

"Yogurt Portraits" (P, F & C).

### SNACK

1 hard boiled egg (P), 1 cheese stick (F), and 2 pickle spears (C).

### LUNCH

2 oz. beef hot dog (P) dipped in ketchup and mustard with 1/2 cup green beans (C) cooked in 2 tbsp. butter (F) on the side.

### SNACK

1/2-3/4 sized portion of "No Oats-meal" (P, F & C).

### DINNER

2/3 cup "Chia Seed Pudding" made with honey and coconut milk (C & F) and a deviled egg on the side (P & F).

### BEDTIME SNACK

1 oz. fresh mozzarella balls (F) with 1/2 cup grape tomatoes (C).

## DAY 47

### BREAKFAST

Scramble 2 eggs **(P)** with 1/4 cup feta cheese **(F)** and shredded spinach with a side of 1/2 cup mixed berries **(C)**.

### SNACK

1/2 oz. beef jerky **(P)**, mozzarella cheese balls **(F)** and 1/2 cup cherry tomatoes **(C)**.

### LUNCH

2 oz. pork strips **(P)** and 1/2 cup sugar snap peas **(C)** all cooked in 2 tbsp. coconut oil **(F)** and seasoned with coconut aminos and orange zest, served over 1/3 cup rice **(C)**.

### SNACK

2 tbsp. "Protein PB" **(P & F)** with bananas and chocolate chips **(C)** on the side.

### DINNER

2 oz. chicken breast **(P)** cut into strips and dipped in guacamole **(F)**, with raw zucchini sticks on the side **(C)**.

### BEDTIME SNACK

Fruit & nut bar made from ground nuts/seeds **(F)** and dates **(C)**.

## DAY 48

### BREAKFAST

2 oz. sausage patties **(P)** with 1/2 cup of each zucchini and summer squash "sticks" **(C)** fried in 1-2 tbsp. coconut oil **(F)**.

### SNACK

1/2 a turkey stick **(P)**, 1/2 cup pecans **(F)**, and 1/2 cup dried cranberries **(C)**.

### LUNCH

Egg salad: 1-2 hard boiled eggs **(P)** mashed with 2 tbsp. unrefined mayo **(F)**, onions and celery scooped with 6-8 rice crackers **(C)**.

### SNACK

1/2 a beef stick **(P)** and cucumber slices **(C)** dipped in hummus and olive oil **(F)**.

### DINNER

2 oz. baked chicken thigh **(P)** with 1/2 cup green peas **(C)** with 1 tbsp. butter **(F)** and 1/2 cup broccoli **(C)** sprinkled with parmesan **(F)**.

### BEDTIME SNACK

1/4 cup almonds **(F)** and 1/4 cup raisins **(C)**.

## DAY 49

### BREAKFAST

"Eggs and Sunshine" (P, F & C).

### SNACK

1 oz. deli ham (P), with a slice of avocado (F) rolled up inside and a clementine on the side (C).

### LUNCH

"Quesadillas #4" (P, F & C).

### SNACK

1/2 oz. beef jerky (P), 1/4 cup cashews (F), and 1/4 cup dehydrated peas (C).

### DINNER

2 chicken legs (P) dipped in unrefined ranch (F), with 1/2 cup mixed berries (C).

### BEDTIME SNACK

1/4 cup pumpkin seeds (F) and 1/2 cup mixed berries (C).

## DAY 50

### BREAKFAST

"Ham Cups" (P) with 1/2 cup blueberries (C) and 1/4 cup heavy cream (F).

### SNACK

1 cup kefir (P & F), mixed with 1/4 scoop vanilla [protein powder](#) (P), and 1/2 cup blackberries (C) on the side.

### LUNCH

2 oz. turkey sausage links (P) with "faux-tatoes" (mashed cauliflower) (C), with 2 tbsp. butter (F) and 1/2 cup raspberries on the side (C).

### SNACK

Chicken salad (P & F) scooped up with halved mini bell peppers (P).

### DINNER

Stuff a baked potato (C) with butter (F), 2 oz. BBQ shredded beef (P) and top with 2 tbsp. sour cream (F).

### BEDTIME SNACK

1/2 cup banana slices (C) topped with real whipped cream (F).

## breakfasts

**BACON WRAPS:** Wrap slices of turkey bacon around slices of avocado and sautéed zucchini sticks.

**BANANA PANCAKE:** Mash a banana with 1-2 eggs and pour the mixture in a greased frying pan. Cook until both sides are golden brown. Top with butter and a sprinkle of cinnamon.

**CUCUMBER SANDWICHES:** Use cucumbers as your bread and cut either in small circles or the long way. Add unrefined mayo, your favorite deli meat and favorite cheese.

**EGG BAKE:** Mix 6 eggs with 1/2 cup canned coconut milk or heavy cream and add in 1/2 cup of shredded spinach, tomatoes, and any other preferred veggies. Place in an 8x8 baking dish and bake at 250 degrees for 20 minutes. Top with cheese. Makes 3-4 servings.

**EGGS AND SUNSHINE:** Make a picture of nature on your child's plate! Ex: Over-easy egg (the sun), zucchini (grass), asparagus or broccoli (trees), sweet potato rounds or berries (flowers). Be sure to cook everything in butter!

**HAM CUPS:** Line a muffin tin with deli ham and add a tbsp. of cooked spinach and an egg. Bake at 350 degrees for about 15 minutes.

**HASH BROWN CUPS:** Line a greased muffin tin with cooked hash browns. Make a hole in the hash browns and crack an egg in each cup. Broil on high for 4-5 minutes or until the egg is at desired doneness. Serve with butter or a slice of avocado on top. (Serving size is 2 cups.)

**KID'S OMELET:** Get the kids cooking! Whisk 2 eggs and 1 tbsp. cream together. Heat the mixture on a skillet, then add your child's favorite veggies and cheese. Serve open face or folded over.

**MINI FRITTATAS:** Whisk eggs together with feta cheese and sprinkle in some shredded spinach. Place mixture in a greased mini muffin tin and bake at 350 degrees for about 15 minutes.

**NO OATS-MEAL:** Blend nuts until finely ground, then combine them with heavy cream or canned coconut milk, [protein powder](#), berries or raisins and (optional) cinnamon. Cook in a stove pot until heated through.

**PIZZA OMELET:** Fry a thin layer of whisked eggs in butter like an omelet before it is flipped. Place the omelet on the plate and top with desired pizza toppings like onions, green peppers, pizza sauce, etc.

**PROTEIN PUCKS:** Combine 1/2 cup almond butter with 1 scoop [protein powder](#) and 1 tbsp. honey. Roll into "pucks" and sprinkle with coconut flakes.

**PROTEIN BALLS:** Combine 1/2 cup peanut butter with 1 scoop [protein powder](#) and 2 tbsp. raisins. Roll into balls.

**SWEET POTATO NESTS:** Shred 1/2 of a sweet potato and cook with coconut oil in a frying pan on medium-high heat until almost tender. Push potato into small piles and make a small hole in the middle. Crack an egg in the middle and cook until preferred doneness.

**TURKEY SAUSAGE STACKERS:** Take small, flat and round sausage patties and top with Swiss cheese and either a slice of cooked tomato, zucchini or summer squash.

**YOGURT PORTRAITS:** Add 1 cup plain, full fat Greek yogurt to a wide bottomed bowl. Allow your kids to use different nuts and fruits to make eyes, noses, mouths, and hair.

## lunches

**ANTS ON A LOG:** The classic celery sticks topped with nut butter and raisins.

**APPLE SANDWICHES:** Two round apple slices with nut butter in the middle.

**BEEF ART:** Take any MSG-free deli meat and use cookie cutters to make fun shapes before eating. Also, consider smiley faces with mustard, unrefined mayo and veggies.

**CHICKEN NUGGETS:** Take cubed, cooked chicken breast, roll in raw honey and cover with sesame seeds. Lightly fry in coconut oil.

**CHOCOLATE PUDDING:** Blend 1/2 a scoop of [protein powder](#), 1/2 a banana, 1/2 a ripe avocado, and 1 tbsp. cocoa powder together until smooth.

**TURKEY ART:** Similar to Beef Art, take thinly sliced deli turkey meat and make shapes or smiley faces with pickles, tomatoes, etc.

**QUESADILLA (VARIATIONS):** Always use rice or coconut flour tortillas. Place all ingredients in between tortillas and cook in a 350 degree oven, flipping every 5-8 minutes.

**#1. TACO:** shredded beef (P), pepper jack cheese (F), bell peppers, onions (C), and guacamole for dipping (F).

**#2. ITALIAN:** salami (P), Swiss cheese and olives (F), roma tomatoes and spinach (C).

**#3. TUSCAN:** shredded chicken (P), feta cheese (F), sun-dried tomatoes (C).

**#4. GREEK:** shredded turkey or deli turkey (P), goat cheese (F), thinly sliced zucchini (C).

## dinners

**BBQ PEPPERS:** Slice bell peppers in half and roast in the oven at 375 degrees until tender. Fill them with BBQ shredded pork and top with cubes of avocado. For a mini version, make with the mini-bell peppers.

**BBQ PEPPERS #2:** Same as above using chicken and melted cheddar

**FISH NUGGETS:** Fry small pieces of cod (dusted with coconut flour after an egg wash) in coconut oil until golden brown.

**MINI KABOBS:** Use cubes of meat and get creative with cubed vegetables all placed on toothpicks! Dip in melted garlic butter.

**NACHOS:** Roast thinly sliced sweet potato rounds on a baking sheet at 425 degrees for about 15-20 minutes. Top the sweet potatoes with your favorite toppings including taco seasoned meat, shredded spinach/lettuce, olives, tomatoes, peppers, onions, salsa, sour cream, guacamole, etc. Best eaten with a fork. Replace sweet potatoes with organic corn tortillas if "finger food" nachos are desired.

**PIZZA CASSEROLE:** In a glass casserole dish, layer shredded chicken, then pizza sauce, olives, peppers, etc. and finish with a top layer of cheese. Bake at 325 degrees until cheese is melted.

**SALMON SALAD CANOES:** Cut a cucumber in half the long way, then hollow out the seeds. Fill with salmon salad and (optional) top with olives.

**TORTILLA PIZZAS:** Heat a rice tortilla in a frying pan with butter. Add pizza sauce and favorite toppings (including a protein). Top with cheese.

**TUNA PATTIES:** Combine a 6 oz. can of tuna with 1 egg, 1/4 cup minced onion and 1/4 cup minced celery. Form into patties & fry in coconut oil.

**WALLEYE FINGERS:** Cut a cooked walleye fillet into long, 1 oz. pieces and top each with 1 tbsp. mayo & 1 tbsp. shredded parmesan. Broil until brown.

## snacks

**AVOCADO EGGS:** Cut an avocado in half. Fill the hole from the pit with a hard boiled egg and season with salt and pepper.

**MEXICAN DIP:** Combine 1/4 cup guacamole or sour cream, 1 oz. taco meat and 1/2 cup diced tomatoes or peppers.

**PROTEIN PB:** Mix 1/4 scoop [protein powder](#) with 2 tbsp. peanut butter.

**TOOTHPICK BITES (VARIATIONS):** Allow your child to take 3 toothpicks and skewer the following:

1. 1 small cube of grilled chicken, 1 grape tomato, 1 cube of cheddar
2. 1 cube of salami, 1 grape tomato, 1 olive
3. 1 piece of a beef hot dog, 1 mini pickle, 1 cube of Swiss cheese
4. 1 cube of turkey breast, 1-2 slices of celery, 3-4 dried cranberries, dip into unrefined mayo or guacamole
5. 1 cube of grilled chicken, 1-2 slices of cucumber, dip into unrefined ranch or guacamole
6. 1 cube Canadian bacon, 1 cube of avocado, 1 cherry tomato

**BANANA BITES:** Slice 1/2 a banana and top each slice with a little bit of nut butter and some shredded coconut.

**CHOCOLATE CUBES:** Melt 1/4 cup coconut oil with 1/2 cup dark chocolate chips. Place 2-3 blueberries in each compartment of an ice cube tray, then fill them with the chocolate mixture. Freeze until solid. 2-4 cubes is a serving.

**CHOCOLATE PUDDING #1:** Blend 1/2 a banana, 1/2 an avocado and 1-2 tbsp. cocoa powder together.

**CHOCOLATE PUDDING #2:** Blend 1/2 a banana, 1/2 cup coconut milk, 1-2 tbsp. cocoa powder and a pinch of cinnamon together.

**HOT CHOCOLATE:** Mix and gently heat 1/2 cup full fat coconut milk, 1/2 cup water, 1 tbsp. honey or maple syrup and 1 tbsp. cocoa powder.

**MONKEY FOOD:** Mash 1/2 a banana with 1/2 cup coconut cream and top with cinnamon and pecans.

**ORANGE SORBET:** Blend 1 peeled orange with 1 tsp. vanilla and 1/2 cup coconut milk. Serve frozen.

**PUMPKIN SOUP:** Blend 1/2 cup pumpkin pureed with 1/4 cup heavy cream and a tsp. of pumpkin pie spice. Serve hot or cold.

## extras

- Keep in mind the serving sizes provided show a general balance of macronutrients, however, these are not exact and can vary between children and also change during times of growth. Consider adding or removing portions as needed while always striving for a balance of P, F and C. Often, because of children's rapidly growing brains, they need a little extra fat and more carbohydrates, so be sure they are from healthy sources, and don't worry about restricting!
- When "unrefined" mayo, ranch and tartar sauce are mentioned, that is referring to healthy sources of oils (like olive oil, avocado oil, etc.) and not soybean oil, canola oil, safflower oil or vegetable oil. Homemade is best, and if you're purchasing these oils, look for cold, expeller pressed!
- We recommend involving your kids with the prep of the meal whenever possible. This is a great way to teach them what they are eating and why it is good for them.
- Organic dairy is recommended.
- Meat that is grass fed, poultry that is organic/free range and wild caught fish is recommended.