**Friday Dinner: Taco Bar**

Sofritas

Carne Asada

Mexican Corn Salad/Cilantro Lime dressing

Chips

Salsa

Beans

All the taco ‘fixin’s’

**Saturday Breakfast**

Spinach & Bacon Quiche

Veggie Frittata

Steel Cut Blueberry and Banana Oatmeal

Fruit

**Saturday Lunch**

Black Bean Burgers

Sweet Potato Fries

Lentil Soup

**Saturday Dinner**

Chickpea Bolognese

Brussel Sprout and Kale Salad

Brownies

**Sunday Breakfast**

Berry Protein Smoothies

Pumpkin Chocolate Chip Muffins