1-0 PY VACATION MEAL PLAN

BREAKFAST LUNCH DINNER

DAY 1

PANCAKES AND BERRIES

CHEESE
QUESADILLAS,
CARROT STICKS,
CHIPS &
GUACAMOLE

MARINATED
CHICKEN
THIGHS, RICE
WITH SAUTEED
CARROTS,
ZUCCHINI &
CELERY

DAY 2

BAGEL WITH CREAM CHEESE CHICKEN SALAD
SANDWICHES
(LEFTOVER
CHICKEN, MAYO,
CELERY) &
CARROT STICKS

BAKED ZITI PASTA DISH AND GARLIC BREAD

DAY 3

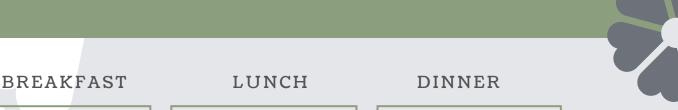
SCRAMBLED EGGS, TOASTS, AND BACON TURKEY OR HAM
SANDWICHES
(LETTUCE &
TOMATOES) &
WATERMELON
SLICES

BURGERS
(MOZZARELLA,
LETTUCE,
TOMATOES,
BASIL) &
POTATO
WEDGES

DAY 4

BAGEL WITH CREAM CHEESE LEFTOVER PASTA MARINATED
SHRIMP, WITH
GRILLED
ZUCCHINI &
BAKED
POTATOES

7 VACATION MEAL PLAN



DAY 5 PANCAKES AND PEACHES

BLT SANDWICHES & CHIPS STEAKS, CAPRESE
SALAD
(MOZZARELLA,
TOMATOES, BASIL,
AND BALSAMIC
DRIZZLE), FRESH
BREAD & BUTTER

DAY 6

BAGEL WITH CREAM CHEESE SHRIMP SALAD SANDWICHES (LEFTOVER SHRIMP, MAYO, CELERY) & CARROT STICKS GROUND BEEF
TACO BOWLS
(LETTUCE,
TOMATOES, ONION,
CHEESE,
GUACAMOLE)

DAY 7

PANCAKES AND BANANAS

TURKEY OR
HAM WRAP
(TOMATO,
LETTUCE,
CHEESE) &
SLICED
CUCUMBERS

HOTDOGS,
POTATO
WEDGES &
COLE SLAW