

## 18 days light on meat (no red, but even veggies love bacon)

Date	Rig day	Launch day									
<b>EACH DAY BOX BEGINS AT THE THE DINNER FOR THAT DAY &amp; THE BKST/LUNCH IS FOR THE FOLLOWING DAY.</b>											
day box #	put-in/rig	DAY BOX 1	DAY BOX 2	DAY BOX 3	DAY BOX 4	DAY BOX 5	DAY BOX 6	DAY BOX 7	DAY BOX 8	DAY BOX 9	DAY BOX 10
hors		chips & dip	smoked oysters, cheese & crackers	veggies & dip	guacamole & chips	olives & nuts	cheese & crackers	chips & salsa	smoked oysters, cheese & crackers	pesto cream cheese & pita	nuts & pretzels
dinner		salmon, broccoli, wild rice	thai chicken, couscous, asian slaw	spaghetti marinera sauce, salad, bread	fish tacos, rice, refried beans	grilled chicken, orzo, veggie salad	stir fry w/ chicken	burritos w/ chicken, rice, black beans	veggie curry w/ tofu, quinoa	spinach lasagna, salad, bread	lentil soup, couscous salad w/ cornbread
bkst	This is your launch day bkst	eggs, muffins, canadian bacon	cold cereal, bagels, yogurt	french toast w/ turkey sausage	oatmeal w/ english muffins	bagels, lox, tomatoes, cream cheese	breakfast burritos w/ chorizo	cold cereal, bagels, yogurt	pancakes w/ bacon	eggs, homefries, tortillas	cold cereal, bagels, yogurt
lunch	deli style	taco salad	chicken caesar salad wraps	hummus & tabouli	deli style	chicken salad in pita	PB & J	veggie wrap	deli style	pasta salad	snack style

Date day box #	DAY BOX 11	DAY BOX 12	DAY BOX 13	DAY BOX 14	DAY BOX 15	DAY BOX 16	DAY BOX 17				
hors	antipasto	chips & dip	pesto cream cheese & pita	chips & salsa	antipasto	veggies & dip	salsa, cream cheese & crackers	<b>Breakfast fruit available -10 mornings worth, mix &amp; match, eat what's ripe! Grapefruit, melons, oranges, pineapple</b>			
dinner	pasta alfredo, salad	chicken sausages, potatoes, ratatouille	grilled cheese, tomato soup, veggie salad	mexican casserole w/ canned chicken, rice	pesto pasta, bread, 3-bean salad	falafel burgers w/ hummus & blue cheese coleslaw	quesadillas, rice & refried beans				
bkst	eggwiches w/ canadian bacon, tomatoes, cheese	steel cut oats w/ english muffins	blueberry pancakes	eggs, homefries, tortillas	cold cereal, bagels, yogurt	eggs & english muffins	<b>TAKEOUT MORNING DAY 18</b> cold cereal	<b>Your choice of dessert when you like! 12 desserts: 1 pineapple upside down cake, 1 fruit cobbler, 1 brownies, 2 poundcake w/ strawberries, 1 cheesecake, 2 cookies, 3 dessert chocolates, 1 s'mores</b>			
lunch	deli style	hummus & tabouli w/ crackers	hardboiled eggs, cheese & crackers	tuna salad wraps	snack style	salmon salad wraps					