

21 day classic #1

	21 day classic #1											
Date	Rig day	Launch day										
EACH DAY BOX BEGINS AT THE THE DINNER FOR THAT DAY & THE BKST/LUNCH IS FOR THE FOLLOWING DAY.												
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	cheese, salami & crackers	veggies & dip	guacamole & chips	pesto cream cheese & pita	cheese, smoked oysters & crackers	chips & salsa	hummus, carrots & pita	cheese, salami & crackers	chips & dip	
dinner		salmon, broccoli, wild rice	stir fry w/ chicken & rice	steaks, potatoes, salad	fish tacos, rice, beans	jambalaya w/ sausage, shrimp, rice & salad	thai chicken, couscous, asian slaw	burritos fajita style w/ beef, rice & fixings	grilled chicken, orzo, veggie salad	spaghetti, w/ italian sausage, salad, bread	burgers, beans, coleslaw	
bkst	Put in breakfast/ Launch day	eggs, muffins, canadian bacon	cold cereal, bagels, yogurt	french toast, bacon	eggs, homefries, sausage	cold cereal, bagels, yogurt	eggs, muffins, Bkst ham	blueberry pancakes, w/ sausage	cold cereal, bagels, yogurt	breakfast burritos w/ chorizo	bagels cream cheese, lox & tomatoes	
lunch	1st on river Lunch deli style	veggie salad wraps	chicken caeser wraps	deli spread	hummus & tabouli	taco salad	deli spread	snack style	veggie salad wraps	deli spread	chicken salad in pita	
Your choice of dessert when you like!												
Date												
day box #	DAY BOX 11	DAY BOX 12	DAY BOX 13	DAY BOX 14	DAY BOX 15	DAY BOX 16	DAY BOX 17	DAY BOX 18	DAY BOX 19	DAY BOX 20		
hors	chips & salsa	apples & cheese	pesto cream cheese & pita	nuts & pretzels	antipasto	chips & dip	cheese, salami & crackers	cream cheese, lox & crackers	nuts & pretzels	antipasto		
dinner	burritos fajita style w/ chicken, rice & fixings	pork chops, mashed potatoes, green beans	lasagna, bread, veggie salad	posole, w/ pork, rice cornbread	penne pasta w/ marinera, blue cheese slaw	chili w/ canned beef, corn	lentil soup w/ cornbread, tabouli salad	veggie curry w/ quinoa & tofu	grilled cheese & soup	pesto pasta, 3-bean salad		
bkst	hot cereal, muffins, fruit	eggs, muffins, bacon	cold cereal, bagels, yogurt	breakfast burritos w/ chorizo	hot cereal, muffins, fruit	pancakes w/ sausage	cold cereal, bagels, yogurt	eggs, homefries, sausage	hot cereal, muffins, yogurt	Takeout morning DAY 21	cold cereal,	
lunch	PB & J	deli spread	tuna salad	snack style	hummus & tabouli	chicken salad wraps	PB & J	snack style	tuna salad wraps			
		12 Desserts - 1 cakes, 1 brownies, 1 cobbler, gingerbread, 1 poundcake & berries, 1 cheesecake, smores, 2 cookies, 2 dessert chocolates					1 2		Breakfast fruit available -10 mornings worth, mix & match, eat what's ripe! Melons, grapefruit, oranges, pineapple			