

Menu

BREAKFAST IDEAS

SPINACH, POTATO AND CHEDDAR QUICHE
OATMEAL WITH GOGI BERRIES AND HEMPSEEDS
RICE & LENTILS TOPPED WITH POACHED EGG
BUCKWHEAT BLUEBERRY PANCAKES AND SAUSAGE
BACON AND AVOCADO ON SOURDOUGH TOAST
TAMALES WITH A SUNNY SIDE UP EGG
BREAKFAST BURRITOS WITH BLACK BEANS
GRANOLA WITH APPLES AND PUMPKIN SEEDS
TOPPED WITH YOGURT

AFTER SCHOOL SNACKS

PECANS AND DRIED FIGS
HUMMUS AND CARROTS
APPLES AND NUT BUTTER
BROWN RICE AND AVOCADO
NORI AND HUMMUS WRAPS
EDAMAME
CHEESE AND FLAX CRACKERS



Enjoy.