

# 25 Day Light on Meat

*Dietary Restrictions:*

*Trip Details:*

*Bulk Fruit:*

*Silver Box/Drinks:*

\*\*\* Don't forget about your snack box and the fruit in your hatches!! \*\*\*

Total individuals: 16  
 Total servings: 16.0

## Calendar Planning

Day	Appetizer	Dinner	Breakfast	Lunch
Day 0	Safeway Lunch (Grocery Stop Before Leaving Town) (16)	Rig Night (BYO or Moe Meal-additional charge) (16)	Breakfast Bagels with Cream Cheese and Yogurt (16)	Lunch BLTA (16)
Day 1	Appetizer Mixed Green Salad (16)	Dinner Cremini Panini (16) Dessert Apple Crisp (DO) (16)	Breakfast Eggs and Hash Browns (16)	Lunch Hummus Pitas (16)
Day 2	Appetizer Mango Salsa and Chips (16)	Dinner Bean and Potato Tacos (16)	Breakfast Chickpea Scrommlets (16)	Lunch Black Bean and Corn Quinoa Salad (16)
Day 3	Appetizer Bruschetta (16)	Dinner Grilled Veggies and Quinoa (16)	Breakfast Oatmeal (16)	Lunch Veggie Bagel Sandwiches (16)
Day 4	Appetizer Mixed Green Salad (16)	Dinner Artichoke Lasagna (PM) (16) Side Dish Roasted Sweet Potatoes (16) Dessert Angel Food Cake (16)	Breakfast Blueberry French Toast with Eggs (16)	Lunch Taco Salad (16)
Day 5	Appetizer Egg Rolls (16)	Dinner Cauliflower and Potato Curry (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Veggie Pitas (16)
Day 6	Appetizer Apples and Peanut Butter (16)	Dinner Black Bean Burgers (16) Dessert Mixed Berry Cobbler (DO) (16)	Breakfast Egg Muffins & Hash Browns (16)	Lunch Hummus Pitas (16)
Day 7	Appetizer Cheese and Crackers (16)	Dinner Spaghetti and Turkey (16) Side Dish Caesar Salad (16)	Breakfast Scrommlets and Turkey Sausage (16)	Lunch Taco Salad 2nd Half (16)
Day 8	Appetizer Pesto Cream Cheese (16)	Dinner Grilled Wild Salmon 2nd Half (16) Dessert Pineapple Upside Down Cake (DO) (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Egg Salad Pitas 2nd Half (16)
Day 9	Appetizer Olive Tapenade (16)	Dinner Tofu Stir Fry (16)	Breakfast Cold Cereal with Bagels and HB Eggs (16)	Lunch Peanut Butter and Jelly (16)
Day 10	Appetizer Tortilla Chips and Guacamole (16)	Dinner Quick Black Bean and Sweet Potato Tacos (16) Dessert Churros (16)	Breakfast Soyrito Tacos 2nd Half (16)	Lunch Mexi Wraps (16)
Day 11	Appetizer Bruschetta (16)	Dinner Pasta Primavera with Veg Sausage 2nd H (16)	Breakfast Egg Muffins and Hash Browns 2nd Half (16)	Lunch Lox on Bagels with Cream Cheese 2nd Half (16)
Day 12	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Bean and Cheese Chile Rellenos (PM) (16) Dessert Dark Chocolate Bars (16)	Breakfast Pancakes and Eggs (16)	Lunch Veg River Pasta Salad (16)
Day 13	Appetizer Edamame (16)	Dinner Grilled Ahi Tuna with Wild Rice (16) Dessert Blueberry and Peach Cobbler (DO) (16)	Breakfast Oatmeal and Hard Boiled Eggs (16)	Lunch Taco Salad 2nd Half (16)
Day 14	Appetizer Smoked Gouda and Crackers (16)	Dinner Tofu Curry 2nd Half (16)	Breakfast Yogurt and Granola with Bagels (16)	Lunch Veggie Pitas 2nd Half (16)
Day 15	Appetizer Squash Soup (16)	Dinner Quick Brussel Sprout and Black Bean Tacos (16)	Breakfast Quick Chickpea Scramble 2nd Half (16)	Lunch Egg Salad Pitas 2nd Half (16)
Day 16	Appetizer Train Wreck (16)	Dinner White Bean Pesto Rigatoni (16)	Breakfast Salmon Lox on Bagels 2nd Half (16)	Lunch Mexi Wraps (16)
Day 17	Appetizer Egg Rolls (16)	Dinner Tofu Stir Fry 2nd Half (16)	Breakfast Cold Cereal with Bagels (16)	Lunch Veg River Pasta Salad (16)

Day	Appetizer	Dinner	Breakfast	Lunch
Day 18	Appetizer Cheese and Crackers (16)	Dinner Jambalaya with Shrimp and Chicken Sausage (16)	Breakfast Blueberry French Toast with Eggs (16)	Lunch Sweet Chicken Salad 2nd Half (16)
Day 19	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Quick Black Bean and Sweet Potato Tacos (16) Dessert S'mores (16)	Breakfast Soyrito Tacos 2nd Half (16)	Lunch Taco Salad 2nd Half (16)
Day 20	Appetizer Spinach Dip (16)	Dinner Tortellini w/ Chicken (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Hummus Pitas 2nd Half (16)
Day 21	Appetizer Hearty Vegetable Soup (16)	Dinner Bean and Cheese Burritos 2nd Half (16) Dessert Fortune Cookies (16)	Breakfast Oatmeal and Hard Boiled Eggs (16)	Lunch Mexi Wraps (16)
Day 22	Appetizer Train Wreck (16)	Dinner Tofu Curry 2nd Half (16)	Breakfast Scrommlets and Turkey Sausage 2nd Half (16)	Lunch Turkey and Swiss Wraps 2nd Half (16)
Day 23	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Black Bean Burgers 2nd Half (16) Dessert Apple Cobbler (DO) (16)	Breakfast Egg Muffins and Hash Browns 2nd Half (16)	Lunch Peanut Butter and Jelly (16)
Day 24	Appetizer Bruschetta (16)	Dinner Pasta Primavera with Veg Sausage 2nd H (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)