

25 Day Quick Prep Menu



Total individuals: 16
 Total servings: 16.0

Calendar Planning

Day	Appetizer	Dinner	Breakfast	Lunch
Day 0	Safeway Lunch (16)	Rig Night (BYO or Moe Meal-additional charge) (16)	Breakfast Salmon Lox on Bagels (16)	Lunch BLTA (16)
Day 1	Appetizer Veggies and Dip (16)	Dinner Grilled Wild Salmon (16) Dessert Fortune Cookies (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Caprese Salad Sandwich (16)
Day 2	Appetizer Olive Tapenade (16)	Dinner Quick Pesto Chicken Gnocchi (16)	Breakfast Quick Bacon Scramble (16)	Lunch Chicken Caesar Wraps (16)
Day 3	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Bean and Cheese Burritos (16) Dessert Angel Food Cake (16)	Breakfast Cold Cereal with Bagels (16)	Lunch Cold Cut Sammies (16)
Day 4	Appetizer Spinach Dip (16)	Dinner Chicken Enchiladas (PM) (16)	Breakfast Quick Steak Burritos (16)	Lunch Lox on Bagels with Cream Cheese (16)
Day 5	Appetizer Shrimp and Mango Salsa Shuttles (16)	Dinner Quick Beef Bowls (16) Dessert No Bake Cheesecake (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Hummus Pitas (16)
Day 6	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Quick Chicken and Quinoa (16)	Breakfast Quick Egg Sammies (16)	Lunch Healthy Tuna Salad (16)
Day 7	Appetizer Brie and Crackers (16)	Dinner Taco Stuffed Bell Peppers (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Quick Gallo Pinto (16)	Lunch Bagel Sandwiches (16)
Day 8	Appetizer Spinach Dip (16)	Dinner Quick Chicken Stir Fry (16)	Breakfast Salmon Lox on Bagels 2nd Half (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 9	Appetizer Mixed Nuts (16)	Dinner Quick Seared Cod and Quinoa (16) Dessert Mini Candy Bars (16)	Breakfast Quick Steak Scramble (16)	Lunch Cuban Wrap (16)
Day 10	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Quick Steak Fajitas (16)	Breakfast Quick Kayaker Quinoa (16)	Lunch Reuben Wraps (16)
Day 11	Appetizer Cheese and Crackers (16)	Dinner Spaghetti and Meatballs (16) Dessert Carrot Cake (16)	Breakfast Cold Cereal with English Muffins (16)	Lunch Hummus Pitas 2nd Half (16)
Day 12	Appetizer Olive Tapenade (16)	Dinner Quick Thai Noodles 2nd Half (16)	Breakfast Quick Bacon Scramble 2nd Half (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 13	Appetizer Smoked Oysters (16)	Dinner Tortellini w/ Chicken (16)	Breakfast Quick Egg Sammies (16)	Lunch Peanut Butter and Jelly (16)
Day 14	Appetizer Chips and Dip (16)	Dinner Cheeseburgers (16) Dessert Pineapple Upside Down Cake (DO) (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Chicken Salad Pitas 2nd Half (16)
Day 15	Appetizer Pesto Cream Cheese (16)	Dinner Quick Sweet and Sour Chicken (16)	Breakfast Quick Gallo Pinto (16)	Lunch Turkey and Swiss Wraps 2nd Half (16)
Day 16	Appetizer Olive Tapenade (16)	Dinner Quick Chicken Curry (16) Dessert S'mores (16)	Breakfast Quick Ham Scramble 2nd Half (16)	Lunch Healthy Tuna Salad 2nd Half (16)
Day 17	Appetizer Chips and Dip (16)	Dinner Quick Steak Tacos (16)	Breakfast Cold Cereal with Bagels (16)	Lunch Black Bean Wrap (16)
Day 18	Appetizer Pretzels and Cheese Dip (16)	Dinner Quick Teriyaki Chicken Bowls (16) Dessert Mini Candy Bars (16)	Breakfast Quick Steak Burritos 2nd Half (16)	Lunch Hummus Pitas 2nd Half (16)
Day 19	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Cheese and Chicken Quesadillas (16)	Breakfast Cold Cereal with English Muffins (16)	Lunch Chicken Curry Wraps 2nd Half (16)
Day 20	Appetizer Spinach Dip (16)	Dinner Quick Sweet and Sour Chicken 2nd Half (16) Dessert Fortune Cookies (16)	Breakfast Oatmeal (16)	Lunch Cold Cut Sammies 2nd Half (16)

Day	Appetizer	Dinner	Breakfast	Lunch
Day 21	Appetizer Cheese and Crackers (16)	Dinner Bean and Cheese Burritos 2nd Half (16)	Breakfast Quick Steak Scramble 2nd Half (16)	Lunch Mediterranean Tuna Salad Pitas 2nd Half (16)
Day 22	Appetizer Chips and Dip (16)	Dinner Quick Beef Bowls (16) Dessert Dark Chocolate Mints (16)	Breakfast Salmon Lox on Bagels 2nd Half (16)	Lunch Cuban Wrap (16)
Day 23	Appetizer Mixed Nuts (16)	Dinner Tortellini w/ Chicken (16)	Breakfast Quick Egg Muffins 2nd Half (16)	Lunch Mexi Wraps (16)
Day 24	Appetizer Smoked Gouda with Summer Sausage (16)	Dinner Eggplant Parmesan (PM) (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)