

21 Day General Cold Breakfasts

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 Peanut Butter and Jelly (16)
Day 1	Appetizer Brie and Crackers (16)	Dinner Grilled Wild Salmon (16) Dessert Apple Crisp (DO) (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Hummus Pitas (16)
Day 2	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Fettuccine Alfredo with Chicken (16) Dessert Angel Food Cake (16)	Breakfast Cold Cereal with HB Eggs and Muffins (16)	Lunch Cold Cut Sammies (16)
Day 3	Appetizer Antipasto Salad (16)	Dinner Artichoke Lasagna (PM) (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Chicken Caesar Wraps (16)
Day 4	Appetizer Egg Rolls (16)	Dinner Pork Stir Fry (16)	Breakfast Cream of Wheat (16)	Lunch Caprese Salad Sandwich (16)
Day 5	Appetizer Edamame (16)	Dinner (GF) Shrimp Tacos (16) Side Dish River Slaw (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Taco Salad (16)
Day 6	Appetizer Cheese and Crackers (16)	Dinner Spaghetti and Meatballs (16) Side Dish Caesar Salad (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Black Bean and Corn Quinoa Salad (16)
Day 7	Appetizer Mixed Green Salad (16)	Dinner Brats (16) Dessert Spice Cake & Frosting (DO) (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch BLTA (16)
Day 8	Appetizer Olive Tapenade (16)	Dinner Chicken Curry (16)	Breakfast Cold Cereal with HB Eggs and Muffins (16)	Lunch Mediterranean Tuna Salad (16)
Day 9	Appetizer Pesto Cream Cheese (16)	Dinner Kabobs (16) Dessert Pineapple Upside Down Cake (DO) (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Cold Cut Sammies (16)
Day 10	Appetizer Veggies and Dip (16)	Dinner Grilled Ham Cheese & Tomato Soup (16)	Breakfast Cream of Wheat (16)	Lunch Veggie Bagel Sandwiches (16)
Day 11	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Steak Fajitas (16) Side Dish Cilantro Lime Rice (16) Dessert Churros (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Veggie Pitas (16)
Day 12	Appetizer Bruschetta (16)	Dinner Pasta Primavera with Chicken Sausage (16)	Breakfast Cold Cereal with Hard Boiled Eggs (16)	Lunch Lox on Bagels with Cream Cheese (16)
Day 13	Appetizer Smoked Gouda and Crackers (16)	Dinner Steaks and Potatoes (16) Dessert Blueberry and Peach Cobbler (DO) (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Mexi Wraps (16)
Day 14	Appetizer Spinach Dip (16)	Dinner Tortellini w/ Chicken (16) Dessert Fortune Cookies (16)	Breakfast Cold Cereal with English Muffins (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 15	Appetizer Edamame (16)	Dinner Beef Chili (16)	Breakfast Bagels with Cream Cheese and Yogurt (16)	Lunch Veggie Pitas (16)
Day 16	Appetizer Train Wreck (16)	Dinner Chicken Pesto Pasta (16) Dessert Dark Chocolate Bars (16)	Breakfast Cream of Wheat (16)	Lunch River Pasta Salad (16)
Day 17	Appetizer Squash Soup (16)	Dinner Salmon Burgers (16) Dessert No Bake Cheesecake (16)	Breakfast Yogurt and Granola, with Cold Cereal (16)	Lunch Cheese and Crackers With Salami (16)
Day 18	Appetizer Olive Tapenade (16)	Dinner Jambalaya with Shrimp and Sausage (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 19	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Beef Tacos (16) Dessert S'mores (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Taco Salad (16)
Day 20	Appetizer Bruschetta (16)	Dinner Stuffed Italian Chicken (PM) (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)