

Food Menu List for Home

Breakfast

1. Oatmeal with Fresh Berries
2. Scrambled Eggs with Spinach and Feta
3. Pancakes with Maple Syrup
4. Avocado Toast with Poached Eggs
5. Smoothie Bowl with Nuts and Seeds

Lunch

1. Grilled Chicken Salad with Mixed Greens
2. Turkey and Avocado Wrap
3. Tomato Basil Soup with Grilled Cheese
4. Quinoa Salad with Roasted Vegetables
5. Tuna Salad Sandwich on Whole Grain Bread

Dinner

1. Baked Salmon with Asparagus
2. Spaghetti with Homemade Marinara Sauce
3. Chicken Stir Fry with Brown Rice
4. Beef Tacos with Salsa and Guacamole
5. Vegetarian Chili

Snacks

1. Hummus with Carrot and Celery Sticks
2. Greek Yogurt with Honey and Granola
3. Mixed Nuts
4. Fresh Fruit Cups

5. Cheese and Crackers

Desserts

1. Chocolate Chip Cookies
2. Fruit Sorbet
3. Banana Bread
4. Rice Pudding
5. Apple Pie