

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|--|-----------------------------|---------------------------------|-----------------------------------|------------------------|----------------------------|------------------------------------|
| Breakfast | Cinch Shake Banana | Cinch Shake Banana | Cinch Shake Banana | Cinch Shake Banana | Cinch Shake Banana | Cinch Shake Banana | Cinch Shake Banana |
| Morning Snack | Apple Cinch Bar Peanut butter | Bagel Cream Cheese | Pita Ham Cheese | Toast Cottage Cheese Butter | Gapes Cinch Bar | Cinch Bar Baby Carrots | Hard-boiled Egg Toast Cheese |
| Lunch | Cinch Shake Orange | Cinch Shake Pineapple | Cinch Shake Orange | Cinch Shake Pineapple | Cinch Shake Orange | Cinch Shake Pineapple | Cinch Shake Orange |
| Afternoon Snack | English Muffin Ham Butter Mandrine Oranges | Cinch bar Nuts Orange | Cinch Bar Hummus Crackers | Apple Cheese Cinch Bar | Cinch Bar Trail Mix | Tuna Triskits Cheese | Cinch Bar Nuts |
| Dinner | Chicken | Pork | Vegi Night | Leftovers | hamburger | Pizza | Fish |

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