

HONEST BODY SCHOOL LUNCH MENU #2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Large #1: Egg salad (Pg. 166 Everyday Paleo)</p>	<p>Large #1: Leftover roast chicken</p>	<p>Large #1: Salmon salad (Pg. 137 Heal Your Gut)</p>	<p>Soup thermos: Honest Body Slow Cooker Pork soup</p>	<p>Large #1: Applegate turkey slices</p>
<p>Large #2: Cucumber Slices</p>	<p>Large #2: Carrot sticks with homemade ranch</p>	<p>Large #2: Bibb or romaine lettuce or sprouts</p>	<p>Large #2: Grain-free Pumpkin Raisin Muffins + butter</p>	<p>Large #2: Carrots w/ Paleo ranch (Pg. 64 Everyday Paleo)</p>
<p>Small #1: Rocket Fuel (Pg. 218 Everyday Paleo)</p>	<p>Small #1: Coconut blueberry jello</p>	<p>Small #1: Sweet Crackers (Pg. 245 Heal Your Gut)</p>	<p>Small #1: Shredded cheese or other soup toppings</p>	<p>Small #1: Strawberries (organic)</p>
<p>Small #2: Orange slices</p>	<p>Small #2: "Crispy" pecans (Pg. 18 Heal Your Gut)</p>	<p>Small #2: Cherry tomatoes or cucumber slices</p>	<p>Small #2: Fennel, apple, pomegranate, & orange salad w/ orange vinaigrette</p>	<p>Small #2: Cauliflower hummus (Pg. 80 Everyday Paleo)</p>

This menu is designed for the [Bentology Lunch](#) system, which have two large containers and two small containers.

It can be adapted to any hard sided lunch containers.

Menu can be adapted to include daily soup, foods for your particular stage of GAPS, dairy-free, etc.