

# HONEST BODY SCHOOL LUNCH MENU #3

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Large #1:</b> Baked herbed chicken</p>	<p><b>Thermos:</b> <a href="#">Honest Body White Bean Chili</a></p>	<p><b>Large #1:</b> Taco seasoned beef or pork</p>	<p><b>Large #1:</b> Turkey "sushi" rolls (Pg. 174 Everyday Paleo)</p>	<p><b>Large #1:</b> Tuna stuffed eggs (Pg. 166 Everyday Paleo)</p>
<p><b>Large #2:</b> Broccoli salad (Pg. 178 Everyday Paleo)</p>	<p><b>Large #2:</b> Lettuce &amp; cheese slices</p>	<p><b>Large #2:</b> Lettuce &amp; guacamole</p>	<p><b>Large #2:</b> Cherry tomatoes &amp; carrot sticks</p>	<p><b>Large #2:</b> Cultured pickles</p>
<p><b>Small #1:</b> Cheese slices</p>	<p><b>Small #1:</b> Homemade "Larabars" (Pg. 263 Heal Your Gut)</p>	<p><b>Small #1:</b> Shredded cheese</p>	<p><b>Small #1:</b> Grain-free granola (Pg. 251 Heal Your Gut)</p>	<p><b>Small #1:</b> Grapes &amp; melon</p>
<p><b>Small #2:</b> "Crispy" Walnuts (Pg. 18 Heal Your Gut)</p>	<p><b>Small #2:</b> Guacamole</p>	<p><b>Small #2:</b> Sour cream (Homemade or Green Valley Lactose free)</p>	<p><b>Small #2:</b> Homemade yogurt</p>	<p><b>Small #2:</b> "Crispy" Walnuts (Pg. 18 Heal Your Gut)</p>

This menu is designed for the [Bentology Lunch](#) system, which has 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.