

## Go Dairy Free Menu Plan

### Easy Family-Friendly Version

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Baked French Toast Sticks <i>(p 224)</i>	Gingersnap Super Smoothie <i>(p 210)</i>	Easy Everyday Blender Waffles <i>(p 221)</i>	Baked French Toast Sticks <i>(p 224)</i>	Wild Blueberry Smoothie <i>(p 209)</i>	Easy Everyday Blender Waffles <i>(p 221)</i>	Dukkah Avocado Toast <i>(p 227)</i>
<b>Lunch</b>	5-Minute Nachos <i>(p 274)</i>	Pinwheels with Veggies & Five Star Ranch Dip <i>(p 272 &amp; 285)</i>	Greek Pasta Salad <i>(p 318)</i>	Pinwheels with Veggies & Five Star Ranch Dip <i>(p 272 &amp; 285)</i>	Greek Pasta Salad <i>(p 318)</i>	Mexican Bean Soup <i>(p 298)</i>	Spaghetti X's and O's <i>(p 324)</i>
<b>Dinner</b>	Shells 'n Butternut Bake <i>(p 324)</i>	Power Stir Fry <i>(p 340)</i>	Veggie Tostadas with Avocado Crema <i>(p 345)</i>	Grilled Cheeze Sandwiches & Pizza Dip <i>(p 342 &amp; 279)</i>	Tofu Saag Paneer <i>(p 339)</i>	Cheesy Pepperoni Pizza <i>(p 306)</i>	Build Your Own Taco Bar <i>(p 342)</i>

#### Snacks:

- Fresh seasonal fruit
- Steamed cauliflower and broccoli with Pizza Dip (p 279)
- Chewy No-Bake Granola Bars (p 266)
- Easy Cheesy Crackers (p 276)
- Baby carrots, celery sticks, and sliced bell pepper strips with Five-Star Ranch Dip (p 285)

#### Treats:

- Never Enough Chocolate Chip Cookies (p 359)
- Mug Cakes with Single-Serve Frosting (p 381 & 382)
- Mango Orange Sherbet Bars (p 412)