

Menu

MENTAL HEALTH & NUTRITION



BREAKFAST

8 oz. of water w/lemon
1 cup Oatmeal with blueberries
1 hard boiled
Vitamin supplements

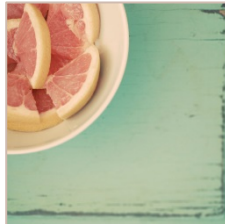
SNACK

8oz. water/tea
1/2 cup green beans
1 small apple



LUNCH

8oz water/black coffee
1 LARGE SALAD
4oz. chicken/or turkey
1oz. dressing. Oil/vinegar



SNACK

1/2 cup carrots
2 tablespoons humice



DINNER

4oz. fish
1 small baked potatoe
4 oz. mixed vegetables

