

A WEEK OF TART CHERRY RECIPES

POWERED BY RED

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Greek Yogurt + Coconut Quinoa Granola	Ancient Grains Oatmeal Bowl	Almond Butter Banana Oat Muffins + Milk	Pink Cashew Cream Smoothie	Egg & Potato Hash + Tart Cherry Juice	Tart Cherry Greek Yogurt Pancakes	Almond Coconut Acai Bowls
SNACK	Superfood Smoothie	Tart Cherry Dark Chocolate & Cashew Granola Bars	Coconut Cream Pie Protein Shake	Pumpkin Quinoa Protein Bites	Dark Chocolate Cherry Walnut Muffins	Whipped Banana Cheesecake Shake	Soft Baked Oatmeal Chocolate Chip Bars
LUNCH	Tart Cherry Tuna Salad Avocado Bowls	Harvest Salad with Creamy Pumpkin Vinaigrette	Chicken Pasta Salad with Herbed Buttermilk Dressing	Veggie Power Bowl with Cashew Honey Mustard	Strawberry Salad Wrap	Chicken Pasta with Butternut Squash, Onions, and Tart Cherries	Cinnamon Apple Quinoa Salad
SNACK	Dark Chocolate Cherry & Chia Bark	Avocado Green Smoothie	Banana + Almond Butter	Trail Mix + Tart Cherry Limeade	Peanut Butter Mocha Protein Shake	Monster Trail Mix Cookies	Almond Butter Energy Bites + Tart Cherry Juice
DINNER	Tropical Buddha Bowl	Roasted Chicken + Butternut Squash, Beet & Quinoa Salad	Grilled Salmon + Kale & Apple Power Salad	Turkey Panini + Broccoli Kale Salad	Rosemary Roasted Cornish Hens + Roasted Potatoes	Healthy Shepherd's Pie	Grilled BBQ Chicken Naan Pizza with Tart Cherries