

Hilton Head Meal Planning

Sunday

Dinner – ordering from local take out or snack bar at the resort.

Monday

Breakfast: Pancakes and Fruit

Lunch: Sandwiches

Dinner Turkey Dogs, tater tots, cowboy beans

Tuesday

Breakfast: Egg and Sausage Casserole and Fruit

Lunch: Eat Out

Dinner: spaghetti

Wednesday

Breakfast: French Toast and Fruit

Lunch: Sandwiches

Dinner: Quesadillas

Thursday

Breakfast: Bacon, Eggs, Biscuits, fruit

Lunch: Sandwiches

Dinner: Eating Out