

Cat 325 FLCR-VIN CAT FLCR
CAT0325FKNDJ20459

Parts-Air filter,oil filter,hydronic filter,fuel
filter,waterseperator,acc filter,

CAT 307-E2-VIN CAT0307ELKC901015

Parts Air filter,oil filter,hydraulic filter,fuel
filter,water separator,acc filter,

CAT 303E VIN CAT0303EVHHM02827

Parts, Air filter,oil filter,hydraulic filter,fuel
filter,water separator,

CAT 272X HP VIN CAT027DLMD20098

Part,Air filter,Oil filter,hydraulic filter, AC filter,Fuel
filter, tires 14-17.5NHS

2018 F450 -VIN 1FD9XHT9JEC49020

Parts,Oil filter,water separator,Air filter,ACC
filter,fuel filter,

FRIDGE SALAD:

Tuna salad
Egg salad
Cold pasta

FRIDGE Cold Cuts:

Tuna Sandwich
Turkey Sandwich
Ham Sandwich

LUNCH:

Chicken parm w/ Cold Pasta
Beef Penne w/ Garlic bread
Honey Garlic Salmon w/ Alfredo

DINNER (Salad

Beef stew w/ Parsnip Mash
Sweet Soy Salmon w/ Wild Rice
Rosemary Steak w/ Potatoes

BREAKFAST (Coffee, Tea & Toast):

Veggie omelet w/ Bacon
Eggs, Bacon & Parmesan potatoes
Granola cereal w/ Fruit

DESSERT:

Bannana bread
Carrot cake
Chocolate chip cookies

VIP:

Bran Muffins
Voss Water

MAYBE:

Tuna tartar

Coconut shrimp

Steak & Potatoes

Biscuit & Jam

Ingredients:

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> For the muffin mix:

> - 4 large eggs

> - 1 cup olive oil

> - 1/2 cup dark brown sugar

> - 7 cups almond flour

> - 4 cups whole milk

> - 4 cups digestive bran

> - 1/2 cup ground flax seed

> - 1/2 cup whole flax seed

> - 5 teaspoons baking soda

> - 1/4 teaspoon salt

> - 1 cup raisins

> - 1 teaspoon vanilla extract

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> For the topping need equal amounts (Lyn does a handful of each) of:

> -pecans

> -walnuts

> -sliced almonds

> -whole flaxseed

> -flaxseed meal