

*Weekly Family
Meal Plan*

29 August 2025 - 04
September 2025



Breakfast

Lunch

Snacks

Dinner

Friday
Aug 29

Oats topped
with
raspberries
and
blueberries

Spaghetti
Bolognese

Granola
Bars

Ham
Sandwich

Saturday
Aug 30

Greek
yogurt with
honey, chia
seeds, and
sliced
almonds

Grilled
chicken
wrap with
lettuce,
tomato,
and
hummus

Apple
slices
with
peanut
butter

Baked
salmon
with
quinoa
and
steamed
broccoli

Sunday
Aug 31

Whole grain
toast with
avocado and
poached egg

Lentil soup
with a side
of whole-
grain
bread

A
handful
of mixed
nuts

Turkey
stir-fry
with
brown
rice and
mixed
vegetables

Monday
Sep 1

Smoothie
(banana,
spinach,
protein
powder,
almond
milk, and
flaxseed)

Quinoa
salad with
chickpeas,
cucumber,
cherry
tomatoes,
and feta

Carrot
sticks
with
hummus

Grilled
tilapia
with
sweet
potato
mash and
green
beans

Tuesday
Sep 2

Pancakes
made with
oats and
banana,
topped with
fresh
strawberries

Turkey and
cheese
sandwich
on whole
grain
bread, side
of
cucumber
slices

Cottage
cheese
with
pineapple

Chicken
curry with
basmati
rice and
steamed
peas

Wednesday
Sep 3

Scrambled
eggs with
spinach and
whole grain
toast

Tuna salad
stuffed
into whole
wheat pita
pockets

Orange
slices or
a small
fruit
salad

Veggie
lasagna
with a
side
garden
salad

Thursday
Sep 4

Overnight
oats with
almond
butter and
sliced
banana

Grilled
veggie
wrap with
tzatziki
sauce

Greek
yogurt
and a
handful
of trail
mix

Baked
chicken
thighs
with
roasted
potatoes
and
asparagus