

DAILY MEAL PLANNER

OPTIONS FOR BREAKFAST,
LUNCH AND DINNER



BREAKFAST

- Yogurt with mixed berries and hemp seed granola
- Breakfast scramble with crumbled tofu, diced tomatoes and peppers, with fresh fruit on the side
- Oatmeal cooked with flax seeds, crushed walnuts, banana slices, and fortified milk or milk alternative
- Whole grain toast with smashed avocado and a sprinkle of chia seeds



LUNCH

- Walnut butter and 100% fruit spread jam sandwich on whole grain bread with a side of fresh fruit
- Brown rice bowl: layer beans, diced avocado, tomatoes, and pumpkin seeds over brown rice
- Grilled tofu, hummus, and veggies in a whole grain wrap with a side of fresh fruit
- Chickpea "salad" made with plain Greek yogurt, walnuts, grapes, and diced apples, stuffed in a whole grain pita

DINNER

- Pesto on whole grain linguine mixed with grilled peppers
- Black bean tacos with melted cheese, salsa, and guacamole, sprinkled with hemp seeds
- Lentil burgers on a whole grain bun with arugula salad
- Stir fried tofu with green and yellow squash, scallions, and peppers over basmati rice

SNACKS

- Apple slices with homemade walnut butter.
- Trail mix made with walnuts, dried cranberries, and dark chocolate chips
- Hemp seed granola mixed with raisins
- Mixed berry smoothie made with frozen mixed berries, milk or milk alternative, and flax seeds

