



WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Oatmeal and Berries	Pesto Turkey Sandwich	Salmon with Brown Rice and Spinach	Espresso, Banana, Almonds
TUESDAY	Avocado Toast	Pasta with Salmon and Peach Salad	Veggie Burger and Corn on the Cob	Carrots and Hummus, Apple
WEDNESDAY	Egg on English Muffin	Couscous Lentil Salad	Turkey Stir-fry with Quinoa	Mango, Cottage Cheese and Yogurt
THURSDAY	Cottage Cheese and Tomato with Toast	Tuna and Bulgur Salad	Grilled Chicken and Baked Potato	Latte, Banana, and Popcorn
FRIDAY	Breakfast Muffin Crostini	Tuna Pasta Salad	Steak, Sweet Potato and Veggies	Yogurt, Strawberries and Olives
SATURDAY	Cereal with Blueberries	Turkey and Avocado Roll	Chicken and Beet Salad	Apricots and Ice Cream
SUNDAY	Veggie Omelet	Broccoli-Cheese Baked Potato	Pork with Pasta and Green Beans	Celery with Peanut Butter, Grapes

