



Healthy Weekly Meal Plan

DAY	BREAKFAST	LUNCH	DINNER
monday	Greek yogurt with fresh fruit and granola	Quinoa and black bean salad with mixed greens	Grilled salmon with roasted vegetables
tuesday	Oatmeal with chopped nuts and dried fruit	Turkey and avocado wrap with whole wheat tortilla	Baked chicken with sweet potato and green beans
wednesday	Scrambled eggs with spinach and whole wheat toast	Vegetable soup with whole grain crackers	Grilled shrimp with brown rice and mixed vegetables
thursday	Smoothie with spinach, banana, almond milk, and peanut butter	Tuna salad with mixed greens and whole grain crackers	Turkey chili with side salad
friday	Whole grain cereal with low-fat milk and berries	Grilled chicken sandwich with whole wheat bun and side salad	Grilled steak with roasted vegetables and sweet potato fries
saturday	Breakfast burrito with scrambled eggs, black beans, and avocado	Mediterranean salad with chickpeas, feta cheese, and mixed greens	Baked cod with quinoa and steamed broccoli
sunday	Whole grain pancakes with fresh fruit and maple syrup	Vegetable stir-fry with brown rice	Lentil soup with side salad