

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Greek yogurt with honey, Strawberries and Shaved Almonds	Smoothie (banana, peanut butter, milk)	Scrambled eggs with Wheat Toast	Overnight oats with chia seeds and Raspberries	Fruit smoothie (raspberries, strawberries, banana, yogurt)	Pancakes with maple syrup and bananas	Omelette with Cheddar, tomatoes, and spinach
Lunch	Quinoa salad with grilled chicken and Roasted Peppers and Onions	Smoked Turkey, Smashed Avocado, Mixed Greens, Shaved Carrots on White Wrap	Lentil soup with Focaccia	Tuna salad with mixed greens and crackers, cherry tomatoes and pickled onions	Herb Marinated Grilled chicken and Mushroom and Pepper skewers with quinoa	Caprese salad with Toasted Bread and Balsamic Vinaigrette	Chicken Caesar salad
Dinner	Baked salmon with roasted sweet potatoes and green beans	Stir-fried tofu with rice noodles and snap peas carrots and onions	Chicken fajitas with bell peppers and onions	Spaghetti with marinara sauce	Beef stir-fry, White Rice, with broccoli and carrots	Homemade pizza	Grilled shrimp with corn on the cob and side salad of Mixed greens
Snack	Apple slices with peanut Butter	Carrot sticks with hummus	Yogurt with granola	Mixed nuts and dried fruit	Celery sticks with peanut butter	Popcorn	Strawberries, Raspberries and Apple Salad Tossed with Honey