

Weekly Meal Plan

Jump to Day

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Monday

Breakfast: Pancakes

Ingredients: butter, eggs, flour, milk

Notes: Weekend favorite

Lunch: Lentil Soup

Ingredients: carrot, garlic, lentils, onion

Dinner: Salmon with Veggies

Ingredients: broccoli, garlic, lemon, olive oil, salmon

Notes: Omega-3 rich

Snack: Banana

Ingredients: banana

Tuesday

Breakfast: Veggie Omelette

Ingredients: bell pepper, cheese, eggs, onion, spinach

Notes: Vegetarian

Lunch: Veggie Wrap

Ingredients: hummus, lettuce, tomato, tortilla

Dinner: Vegetable Stir Fry

Ingredients: bell pepper, broccoli, garlic, onion, soy sauce

Notes: Vegetarian

Snack: Roasted Nuts

Ingredients: nuts, salt

Wednesday

Breakfast: Banana Pancakes

Ingredients: banana, eggs, flour, milk

Lunch: Quinoa Salad

Ingredients: cucumber, lemon, olive oil, quinoa, tomato

Notes: Fresh

Dinner: Chicken Stir Fry

Ingredients: chicken, garlic, olive oil, onion, soy sauce

Notes: High protein

Snack: Peanut Butter Crackers

Ingredients: crackers, peanut butter

Thursday

Breakfast: Breakfast Sandwich

Ingredients: bread, cheese, eggs

Lunch: Pasta Salad

Ingredients: cheese, olive oil, pasta, tomato

Dinner: Spaghetti Bolognese

Ingredients: garlic, ground beef, onion, spaghetti, tomato sauce

Notes: Comfort food

Snack: Granola Bar

Ingredients: honey, oats

Friday

Breakfast: Egg Muffins

Ingredients: cheese, eggs, spinach

Lunch: Fried Rice

Ingredients: eggs, onion, rice, soy sauce

Dinner: Veggie Curry

Ingredients: garlic, onion, potato, spices

Snack: Yogurt Cup

Ingredients: yogurt

Saturday

Breakfast: Pancakes

Ingredients: butter, eggs, flour, milk, sugar

Notes: Weekend meal

Lunch: Chickpea Salad

Ingredients: chickpeas, onion, tomato

Dinner: Chicken Alfredo

Ingredients: chicken, cream, garlic, pasta

Snack: Yogurt Parfait

Ingredients: granola, yogurt

Sunday

Breakfast: Oatmeal with Fruit

Ingredients: banana, blueberries, honey, milk, oats

Notes: *Healthy*

Lunch: Greek Salad

Ingredients: cucumber, feta, olive oil, tomato

Dinner: Spaghetti Marinara

Ingredients: garlic, olive oil, pasta, tomato

Snack: Cucumber Slices

Ingredients: cucumber, salt

Grocery List

- banana (Snack: Banana; Breakfast: Banana Pancakes; Breakfast: Oatmeal with Fruit)
- bell pepper (Breakfast: Veggie Omelette; Dinner: Vegetable Stir Fry)
- blueberries (Breakfast: Oatmeal with Fruit)
- bread (Breakfast: Breakfast Sandwich)
- broccoli (Dinner: Salmon with Veggies; Dinner: Vegetable Stir Fry)
- butter (Breakfast: Pancakes; Breakfast: Pancakes)
- carrot (Lunch: Lentil Soup)
- cheese (Breakfast: Veggie Omelette; Breakfast: Breakfast Sandwich; Lunch: Pasta Salad; Breakfast: Egg Muffins)
- chicken (Dinner: Chicken Stir Fry; Dinner: Chicken Alfredo)
- chickpeas (Lunch: Chickpea Salad)
- crackers (Snack: Peanut Butter Crackers)
- cream (Dinner: Chicken Alfredo)
- cucumber (Lunch: Quinoa Salad; Lunch: Greek Salad; Snack: Cucumber Slices)
- eggs (Breakfast: Pancakes; Breakfast: Veggie Omelette; Breakfast: Banana Pancakes; Breakfast: Breakfast Sandwich; Breakfast: Egg Muffins; Lunch: Fried Rice; Breakfast: Pancakes)
- feta (Lunch: Greek Salad)
- flour (Breakfast: Pancakes; Breakfast: Banana Pancakes; Breakfast: Pancakes)
- garlic (Lunch: Lentil Soup; Dinner: Salmon with Veggies; Dinner: Vegetable Stir Fry; Dinner: Chicken Stir Fry; Dinner: Spaghetti Bolognese; Dinner: Veggie Curry; Dinner: Chicken Alfredo; Dinner: Spaghetti Marinara)
- granola (Snack: Yogurt Parfait)
- ground beef (Dinner: Spaghetti Bolognese)
- honey (Snack: Granola Bar; Breakfast: Oatmeal with Fruit)
- hummus (Lunch: Veggie Wrap)
- lemon (Dinner: Salmon with Veggies; Lunch: Quinoa Salad)
- lentils (Lunch: Lentil Soup)
- lettuce (Lunch: Veggie Wrap)
- milk (Breakfast: Pancakes; Breakfast: Banana Pancakes; Breakfast: Pancakes; Breakfast: Oatmeal with Fruit)
- nuts (Snack: Roasted Nuts)
- oats (Snack: Granola Bar; Breakfast: Oatmeal with Fruit)
- olive oil (Dinner: Salmon with Veggies; Lunch: Quinoa Salad; Dinner: Chicken Stir Fry; Lunch: Pasta Salad; Lunch: Greek Salad; Dinner: Spaghetti Marinara)
- onion (Lunch: Lentil Soup; Breakfast: Veggie Omelette; Dinner: Vegetable Stir Fry; Dinner: Chicken Stir Fry; Dinner: Spaghetti Bolognese; Lunch: Fried Rice; Dinner: Veggie Curry; Lunch: Chickpea Salad)
- pasta (Lunch: Pasta Salad; Dinner: Chicken Alfredo; Dinner: Spaghetti Marinara)
- peanut butter (Snack: Peanut Butter Crackers)
- potato (Dinner: Veggie Curry)
- quinoa (Lunch: Quinoa Salad)
- rice (Lunch: Fried Rice)
- salmon (Dinner: Salmon with Veggies)
- salt (Snack: Roasted Nuts; Snack: Cucumber Slices)
- soy sauce (Dinner: Vegetable Stir Fry; Dinner: Chicken Stir Fry; Lunch: Fried Rice)
- spaghetti (Dinner: Spaghetti Bolognese)
- spices (Dinner: Veggie Curry)
- spinach (Breakfast: Veggie Omelette; Breakfast: Egg Muffins)
- sugar (Breakfast: Pancakes)

- tomato (Lunch: Veggie Wrap; Lunch: Quinoa Salad; Lunch: Pasta Salad; Lunch: Chickpea Salad; Lunch: Greek Salad; Dinner: Spaghetti Marinara)
- tomato sauce (Dinner: Spaghetti Bolognese)
- tortilla (Lunch: Veggie Wrap)
- yogurt (Snack: Yogurt Cup; Snack: Yogurt Parfait)