

# **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)