



4th Week- Healthy Meal Plan: Emilie and Family

Monday

	Main Dish
BREAKFAST	Sunny Side Up Eggs With Sweet Potatoes And Avocado
LUNCH	Crispy Chicken Katsu
DINNER	Noodle Stir-Fry with Rainbow Vegetables
SNACK	Broccoli Cheese Balls

Tuesday

	Main Dish
BREAKFAST	Ham and Cheese Egg Cups
LUNCH	Sweet and Sour Meatballs
DINNER	Tuscan Chicken Mac and Cheese
SNACK	Bacon and Egg Breakfast Wrap

Wednesday

	Main Dish
BREAKFAST	Mango Sticky Oatmeal
LUNCH	Pork Belly Fried Rice
DINNER	Smoked Sausage with Potatoes and Green Beans
SNACK	Peach Pie French Toast Roll Ups

Thursday

	Main Dish
BREAKFAST	Easy Peanut Butter Blueberry Overnight Oats
LUNCH	Vegan Vegetable Chow Mein
DINNER	Air Fryer Garlic and Parmesan Wings
SNACK	Veggie Spring Rolls

Friday

	Main Dish
BREAKFAST	Mexican Style Hotdog in a Bun
LUNCH	Grilled Garlic and Herb Chicken and Veggies
DINNER	Oven-Baked Meatballs and Spaghetti
SNACK	Vietnamese Summer Rolls with Chicken

Saturday

	Main Dish
BREAKFAST	Caramelized Spam and Eggs
LUNCH	Air-fryer Chicken Parmesan
DINNER	Teriyaki Chicken and Broccoli Bowl
SNACK	The Ultimate Homemade Burger

Sunday

	Main Dish
BREAKFAST	Mushroom Omelette with Spinach and Cherry Tomato
LUNCH	Apricot Baked Chicken
DINNER	Steak Alfredo

	Main Dish
SNACK	Banana Fritters