	Meal Plan						Week of
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes							
Breakfast Ideas: Avocado egg toast; Oatmeal with berries; Breakfast tacos; French toast; Yogurt with granola; Portland bowls; Smoothies (see spreadsheet)							
Lunch Ideas: Roasted veggie/bean bowls; Chil; Curry; Red beans/rice; Tuna sandies; Chicken Thai salad; Taco salad; Sabichs; Chicken parm wrap; Crunchy asian chicken salad;							
Snack Ideas: Rice crackers with PB; Apple PB; Apple Cheese; Yogurt granola; Nuts							
Dinner Ideas: See lunches; Fajitas; Spring rolls; Orange tofu; Tacos; Coconut fish; Ham/bean soup; Kebabs; Split peas soup, Pulled pork sandies; "Spaghetti squash with sauce; Polenta wimushrooms and feta; Roasted chicken; "Pasta wiveggies; Quinoa Tabbouleh (BB); "Fish with baked veggies *s weet potatoes*							

Shopping List							
Fruits/Veggies	Milk/Meats/Deli	Middle Aisles	<u>Other</u>				