

EASY WEEKLY MEAL PLAN

	Breakfast	Lunch	Dinner
Sunday	Hot Cereal; Fresh Fruit	Roasted Veggie & Hummus Wraps; 100% Fruit Popsicles	Carrot Cashew Spread on Woven Wheats; Lentil Chili ; Green Salad
Monday	Apple-Cinnamon Oat Squares ; Fresh Fruit	Lentil Chili ; Salad with Peanut Orange Dressing	Black Beans & Rice Extravaganza ; Green Salad; Fresh Fruit
Tuesday	Green Smoothie; English Muffin with Nut Butter	Green Pea Guacamole Wrap; Fresh Fruit	Creamy Curried Cauliflower Soup ; Roasted Veggie Couscous; Green Salad
Wednesday	Apple-Cinnamon Oat Squares ; Fresh Fruit	Garbanzo & Veggie-Stuffed Pitats; Fresh Fruit	Romantic Rice Bowl (for a vegan option, substitute portobello mushrooms for the chicken); Fresh Fruit Platter
Thursday	Fruit Smoothie; English Muffin with Nut Butter	Creamy Curried Cauliflower Soup ; Romaine Salad	Whole Grain Pasta with Greens & Beans; Green Salad; Fresh Fruit
Friday	Hot Cereal with Dried Fruit & Nuts	Whole Grain Pasta with Greens & Beans; Veggies; Fruit Apple	Wild Coho Salmon & Wilted Greens over Quinoa (for a vegan option, substitute cooked beans for the salmon); Roasted Sweet Potatoes; Lemon Treats
Saturday	Loaded English Muffins; Fresh Fruit Salad	Lentil Chili; Spinach Salad	Layered Vegetable Enchiladas ; Banana Nice Cream