

Meal Planner

WEEK OF: _____

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

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	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	1 grapefruit 2 poached eggs whole-grain toast	Roasted chicken breast Large garden salad	Salmon Steamed broccoli Brown rice	1 banana 1 cup plain yogurt
TUESDAY	1 cup of plain yogurt with fruit and granola	Baked potato Large garden salad	Tacos Refried Beans Picante Rice	1 cup of grapes 1 string of cheese
WEDNESDAY	bowl of oatmeal blueberries whole-grain toast	Mediterranean grilled chicken salad	Buffalo chicken tenders Smashed Potatoes	Carrots, celery and homemade ranch dressing
THURSDAY	1 grapefruit 1 hard boiled egg whole-grain toast	Bowl of chili with tortilla chips	Falafel Steamed broccoli Brown rice	apple slices with almond butter
FRIDAY	Waffles with fresh fruit topping	Tuna melt sandwich celery and carrots	Homemade pizza	Hummus with chips
SATURDAY	Egg and veggie breakfast bowl	Caesar salad with blackened salmon	Penne with pesto sauce baked chicken	1 banana 1 cup plain yogurt almonds
SUNDAY	Lemon avocado toast sliced tomato	Large kale and goat cheese salad lentil soup	Mac and cheese Roasted chicken carrots	1 cup mixed fresh fruit walnuts

