

Weekly Meal Plan



	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Walnut Oatmeal and Yogurt	Pesto Turkey Sandwich	Salmon with Brown Rice and Spinach	Gelatin, Espresso and Fresh Fruit
TUESDAY	Greek Yogurt with Berries	Pasta with Salmon and Peachy Salad and Iced Coffee	Veggie Burger and Corn on the Cob	Carrots and Salsa, Cheese and an Apple
WEDNESDAY	Egg 'n' English Muffin & Coffee w/ Keto Creamer	Couscous Lentil Salad	Turkey Stir-fry with Quinoa	Mango, Cottage Cheese and Yogurt
THURSDAY	Cottage Cheese and Tomato	Tuna and Burgur Salad	Grilled Chicken and Baked Potato	Latte, Banana, Lemonade and Popcorn
FRIDAY	Breakfast Muffin Chai Tea Latte or Coffee	Tuna Pasta Salad	Steak, Sweet Potato and Veggies	Yogurt, Strawberries and Olives
SATURDAY	Cereal with Blueberries	Turkey and Avocado Roll Lemonade	Chicken and Beet Salad	Apricots and Coffee Ice Cream
SUNDAY	Eggs with Mushrooms and Bacon	Broccoli-Cheese Baked Potato	Pork with Pasta and Green Beans	Pear, Celery, Latte and Grapes