

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Peanut Butter Banana Smoothie Mixed Nuts (1/4 cup)	Quinoa Salad with Chickpeas	Greek Yogurt with Honey and Berries	Lentil Curry with Brown Rice
TUESDAY	Oatmeal with Almonds and Maple Syrup	Vegetable Stir-Fry with Tofu	Hummus with Carrot Sticks	Black Bean and Sweet Potato Tacos
WEDNESDAY	Chia Seed Pudding with Coconut Milk	Spinach and Feta Stuffed Peppers	Trail Mix	Creamy Mushroom Risotto
THURSDAY	Smoothie Bowl with Granola	Pesto Pasta with Broccoli	Sliced Apple with Almond Butter	Vegetable Biryani
FRIDAY	Overnight Oats with Chia Seeds	Falafel Wrap with Tahini Sauce	Dark Chocolate (1 oz)	Vegetable and Bean Chili
SATURDAY	Smoothie with Spinach and Avocado	Barley Salad with Roasted Vegetables	Nut Butter on Whole Grain Crackers	Zucchini Noodles with Marinara Sauce
SUNDAY	French Toast with Maple Syrup	Stuffed Portobello Mushrooms	Greek Yogurt with Granola	Vegetable Lasagna