

Suggested Meal Plan

Day	Breakfast	Snack	Lunch	Snack	Dinner
1	Breakfast burrito (eggs or black bean)	Piece of fruit, nuts	Kale Caesar grilled chicken wrap	Cheese stick/ cubes	Baked chicken, veggie pan
2	Overnight Oatmeal or quinoa, honey, berries, walnuts	Pineapple smoothie	Veggie roll up	nuts	Salmon with roasted veggies
3	Green smoothie, egg muffin	fruit	Black bean quesadilla	Hummus & peppers	Whole wheat pasta
4	Yogurt, fruit, granola, egg muffin	Cheese stick/ cubes	Chicken salad wrap	Pineapple smoothie	Chicken or black bean quesadillas
5	Overnight oatmeal or quinoa, honey, berries, walnuts	Fruit, nuts	Chicken salad, veggies	yogurt	7 can chili
6	Breakfast skillet	Pineapple smoothie	Cucumber avocado egg salad on pita	Hummus & peppers	Fish tacos, salad
7	Breakfast skillet	fruit	Cucumber avocado egg salad on wheat, sweet potato fries or carrot sticks	Cheese stick/ cubes	Grilled chicken, salad, wild rice
8	Breakfast burrito	yogurt	Grilled chicken brown rice bowl	Pineapple smoothie	Whole wheat pasta
9	Green smoothie, yogurt/granola	Hummus & peppers	Whole wheat pasta salad	fruit	Chicken or black bean quesadillas
10	Overnight oatmeal or quinoa, honey, berries, walnuts	Cheese stick/ cubes	Chicken or black bean quesadillas	nuts	Baked salmon, salad, roasted veggies