

Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
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Monday	Breakfast Burrito: eggs, chorizo, salsa, avocado, veggies	Sandwich: whole grain bread, turkey, tomato, spinach, mustard, mayo	Peanut butter and banana	Steak with steamed kale salad with chopped nuts and sauteed shrooms
Tuesday	Eggs and spinach with toast and butter (lots of it)	Chicken salad: chicken, veggies, dressing & small veggie soup	cheese/cottage cheese and fruit	Baked salmon with pesto, wild rice and steamed asparagus
Wednesday	Breakfast Burrito: eggs, chorizo, salsa, avocado, veggies	Thai Curry: chicken and veggies	Plain whole milk yogurt with nuts and fruit	Cheeseburger with salad
Thursday	Whole grain oatmeal & eggs, bacon, fruit	Burrito – pork, rice, veggies, cheese, guac (don't eat the whole thing!)	Hummus and carrots	Spaghetti squash with ground beef and vegetable marinara sauce
Friday	Breakfast Burrito: eggs, chorizo, salsa, avocado, veggies	Tuna salad: tuna, toms, celery, spinach, olives, white beans, mayo	Almond butter and dates	Grilled chicken and grilled veggies (potatoes, peppers, asparagus, etc.)
Saturday	Eggs with spinach & waffles with a little real maple syrup	Sandwich: whole grain bread, turkey, tomato, spinach, mustard, mayo	Lara Bar	Salmon burger with sauteed peppers, salad and black beans
Sunday	Cheesy veggie omelet with some fruit	Burrito in a bowl (no tortilla) – rice, beef, veggies, salsa, guac	Whole grain toast with cashew butter	Venison tacos – venison, cabbage, salsa, beans