

	A	B	C	D	E	F	
1	Weekly meal plan template						
2	Day name	Breakfast	Lunch	Dinner			
3	Monday	Overnight oats with fresh fruit	Lentil and vegetable soup	Baked salmon with roasted vegetables			
4	Tuesday	Avocado toast with poached eggs	Cobb Salad	Roasted chicken with potatoes and carrots			
5	Wednesday	Greek yogurt and granola	Veggie wrap with hummus	Stuffed peppers			
6	Thursday	Egg and vegetable scramble	Bean burrito bowl	Grilled steak with mashed potatoes			
7	Friday	Overnight oats with banana and walnuts	Mediterranean quinoa salad	Baked cod with roasted potatoes			