

	A	B	C	D	E	F	G
2		Meal Plan	Date	Breakfast	Lunch	Dinner	Snacks & Other
3		Monday	1/1/23	Oatmeal with fruit and nuts	Chickpea and Veggie Wrap with Spinach and Feta	Grilled steak, roasted potatoes, and roasted Brussels sprouts	Trail mix
4		Tuesday	1/2/23	Boiled eggs	Turkey, Avocado, and Cheddar Sandwich	Chicken Alfredo with a Caesar salad	Protein bar
5		Wednesday	1/3/23	Chia seed pudding with coconut yogurt	Garden Salad with a Hard-Boiled Egg	Shrimp tacos with a fruit salad	Fruit and nut bar
6		Thursday	1/4/23	Avocado toast with poached egg and smoked salmon	Brown Rice Bowl with Roasted Veggies and Hummus	Baked salmon with roasted asparagus and couscous	Air-popped popcorn
7		Friday	1/5/23	Breakfast burrito with scrambled eggs and black beans	Curried Chicken with Mango and Quinoa Salad	Grilled cheese sandwiches and tomato soup	Hummus with vegetables
8		Saturday	1/6/23	Yogurt, granola and fresh fruit	Mediterranean Quinoa Salad	Veggie stir-fry over white rice	Roasted chickpeas