



weekly Meal Plan

M O N D A Y

Breakfast

Bacon & spinach omelet, english muffin

Lunch

Cobb Salad

Dinner

Steak, sweet potato, & broccoli

Snacks

Greek yogurt with honey, granola, & berries

T U E S D A Y

Breakfast

Tomato & pepper omelet, fruit

Lunch

Tuna melt & brussel sprouts

Dinner

Pork chop, rice, & squash

Snacks

Banana with nut butter

W E D N E S D A Y

Breakfast

Protein pancakes, banana, & maple syrup

Lunch

Ground beef taco with toppings

Dinner

Pasta with meat sauce

Snacks

Berry Smoothie

T H U R S A Y

Breakfast

Eggs with avocado toast

Lunch

Chicken salad sandwich

Dinner

Salmon, cilantro rice, & asparagus

Snacks

Hummus with peppers

F R I D A Y

Breakfast

Oatmeal with flax seeds & banana

Lunch

Greek chicken and rice bowl

Dinner

Cajun chicken pasta

Snacks

Apple with nut butter

S A T U R D A Y

Breakfast

Eggs, peppers & onions with hash browns

Lunch

Buffalo chicken wrap

Dinner

Cilantro steak tacos

Snacks

Peppers with cream cheese & EBTB

S U N D A Y

Breakfast

Apple & cinnamon overnight oats

Lunch

Chicken quesadilla

Dinner

Steak, potatoes, & carrots

Snacks

Dates, nut butter, & chocolate chips



weekly GROCERY LIST

Meat

Vegetables

Fruit

Grains

Notes