

MEAL PLANNER



Breakfast

Lunch

Dinner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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MEAL PLANNER



	Breakfast	Lunch	Dinner
Monday	Buckwheat Pancakes	Fresh Pasta Salad	Avocado Quesadilla
Tuesday	Buckwheat Pancakes	Fresh Pasta Salad	Avocado Quesadilla
Wednesday	Fresh Fruit & Energy Balls	Power Bowls	Sweet Potato Enchiladas
Thursday	Fresh Fruit & Energy Balls	Power Bowls	Sweet Potato Enchiladas
Friday	Fresh Fruit & Bagel	Couscous Salad	Spaghetti Squash
Saturday	Fresh Fruit & Bagel	Couscous Salad	Spaghetti Squash
Sunday	Tofu Scramble	Bean Salad	Spinach Orzo Soup

MEAL PLANNER



	Breakfast	Lunch	Dinner
Monday	Tofu Scramble	Bean Salad	Spinach Orzo Soup
Tuesday	Blueberry Breakfast Bread	Spinach Strawberry Salad	Quinoa Fried Rice
Wednesday	Blueberry Breakfast Bread	Spinach Strawberry Salad	Quinoa Fried Rice
Thursday	Avocado Toast	Lentil Salad	Pasta Bake with Eggplant
Friday	Overnight Oats	Lentil Salad	Pasta Bake with Eggplant
Saturday	Oat Cups	Hummus Wrap	Veg Chili
Sunday	Oat Cups	Grilled Cheese	Veg Chili