

	Breakfast	Lunch	Snack	Dinner
Monday	Cinnamon Raisin Bread	Peanut Butter and Honey Bagels	Pomegranate Jewels and mangoes	Spicy Bean Burgers
Tuesday	Nutella Toast and Granny Smith Apples	Turkey Sausage and Pasta Toss	Simple Spinach Salad	Wild Rice and Chicken
Wednesday	Warm Wheat Berry Breakfast	Black Bean Turkey Salad	Rice Cakes and Kiwi Spread	Baked Tomato Risotto
Thursday	Green Smoothie	Veggie-Veggie Wraps	Cowboy Caviar	Coconut Butternut Crockpot Soup
Friday	Grapenuts with Yogurt and Honey	White Tuna and Crackers	Cashews and Cuties	Pan Seared Cod

Enjoy our meal plans with your own recipes, or join today to get

- Our healthy recipes that go along with these meals!
- All the nutrition data for all these recipes,
- This shopping list to make these meals
- 28 new healthy recipes each and every week!
- Get it today with our [7 Day Free Trial](#)

