

	Breakfast	Lunch	Snack	Dinner
Monday	Strawberry Cheesecake French Toast	Simply Spinach Sandwich	Popcorn Mix	Whole Wheat Vegetable Stuffed Flatbread
Tuesday	Quinoa Granola	Southwestern Turkey Pita	Caprese Snack	Slow-Cooker Scalloped Potatoes
Wednesday	Baked Banana and Berry Breakfast Cups	Mini Feta and Avocado Wraps	Blackberries and Walnuts	Indian Chicken Wraps
Thursday	Tropical Coconut Smoothie	Peanut Butter Apples and Naan	Roasted Vegetables with Cheese Sauce	Roasted Pork Loin
Friday	Whole Wheat Peanut Butter Toast	Chipotle Pork Avocado Wrap	Chia Seed Energy Bites	Roasted Halibut with Pesto Butter

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!
- [Sign Up Today](#)

