

	Breakfast	Lunch	Snack	Dinner
Monday	Lower Fat Banana Bread	Waffley Lunch	Fall Fruits for Snacking	Delicious Squash and Lentil Slow-Cooker Soup
Tuesday	Veggie Scramble with Whole Wheat Toast	Cucumber Pasta Salad	Crunchy Cucumber Snack	Taco Soup
Wednesday	Winter Pumpkin Slow Cooker Oatmeal	Boost of Nutrition Bean Salad	Sunflower Seeds and Apricots	Chicken Fettuccine with Marinara Sauce
Thursday	Pomegranate Blueberry Super Smoothie	Chicken and Apple Pita	Broccoli, Cauliflower and Hummus	Spicy Pork and Veggies
Friday	Egg Wrap and Veggies	Basic Ham and Cheese	Wheatty Yogurt	Fresh Friday Pizza

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- 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!
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