

|           | Breakfast                      | Lunch                             | Snack                        | Dinner                             |
|-----------|--------------------------------|-----------------------------------|------------------------------|------------------------------------|
| Monday    | Coconut Berry Waffle           | Apple Grilled Naan                | Nutty Apples                 | Quinoa Stuffed Peppers             |
| Tuesday   | Egg White & Veggie Muffins     | Confetti Pasta Salad              | Hummus Carrots and Peppers   | Burger Fajitas                     |
| Wednesday | Still time for Pumpkin Oatmeal | Pear and Veggie Hummus Wraps      | Rice cakes and Kiwi Spread   | Lemon Chicken and Angel Hair Pasta |
| Thursday  | The green Banana               | Chicken and Black Bean Salad Wrap | Cottage Cheese and Cucumbers | Ribs in a Crockpot                 |
| Friday    | Blueberry Pancake Roll-ups     | Spinach Salad at Noon             | Strawberry Fruit Chews       | Citrus & Rosemary Salmon           |

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- Our healthy recipes that go along with these meals!
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- This shopping list to make these meals
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