

Meal Plan May 5-9

	Breakfast	Lunch	Snack	Dinner
Monday	Cereal and Bananas	Salad Wrap with Pineapple	Pistachios and Celery	Couscous, Tempeh, and Veggies
Tuesday	Over the Rainbow Mango smoothie	Egg Salad Sandwich	Pico de Gallo	Mexican Chicken Rice
Wednesday	Overnight Oats and almonds	Broccoli Salad & bagel sandwich	Zucchini Boats	Fake Baked Ziti
Thursday	Blooming Egg	Almond Banana Sandwich	Chewy No-Bake Oatmeal Bars	Crockpot Roast Beef
Friday	Toast & Berry Butter	Pasta Salad with Tuna and Beans	Orange Fruity Salad Snack	Herbed Salmon

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