

# 4-Week Meal Plan

# ON THE MENU



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	B: Overnight Oats L: Acorn Squash with Spinach Stuffing D: Shrimp Two Ways + Garlicky Kale + Baked Sweet Potato	B: Garden Egg Scramble L: Thai Noodle Bowl D: Cowboy Chicken + Side Salad	B: Overnight Oats L: Acorn Squash with Spinach Stuffing D: Shrimp Two Ways + Garlicky Kale + Baked Sweet Potato	B: Garden Egg Scramble L: Thai Noodle Bowl D: Cowboy Chicken + Fruit Salad
TUE	B: Fruity Yogurt Parfait L: Vegetable Soup D: Modern Shepherd's Pie + Side Salad	B: Overnight Oats L: Shirazi Salad + Simple Baked Chicken D: Vegetable Stew with Beef	B: Fruity Yogurt Parfait L: Vegetable Soup D: Modern Shepherd's Pie + Side Salad	B: Overnight Oats L: Shirazi Salad + Grilled Chicken D: Vegetable Stew with Beef
WED	B: Easy Breakfast Tacos L: Leftovers D: Lemon Pepper Fish + Green Beans	B: Blueberry Oatmeal Muffins L: Fresh Veggie Soft Taco D: Leftovers	B: Easy Breakfast Tacos L: Leftovers D: Lemon Pepper Fish + Green Beans	B: Blueberry Oatmeal Muffins L: Fresh Veggie Soft Taco D: Thai Curry, or Leftovers
THU	B: Grab & Go Egg Muffins L: Spinach Salad D: Foil-Wrapped Greek Chicken + Tabbouleh	B: Veggie Fritata L: Black Bean and Crunch Cabbage Soup D: Salmon Salad Over Mixed Greens	B: Grab & Go Egg Muffins L: Spinach Salad D: Foil-Wrapped Greek Chicken + Tabbouleh	B: Veggie Fritata L: Black Bean and Crunch Cabbage Soup D: Salmon Salad Over Mixed Greens
FRI	B: Oatmeal w/ Toppings L: Open-Faced Tuna on Toast D: Avocado Chicken Chopped Salad	B: Oatmeal with Toppings L: Leftovers + stir fried veggies D: Chicken Carbonara + Parmesan Zucchini	B: Oatmeal w/ Toppings L: Open-Faced Tuna on Toast D: Avocado Chicken Chopped Salad	B: Oatmeal with Toppings L: Leftovers + stir fried veggies D: Chicken Carbonara + Parmesan Zucchini