

30 DAY MEAL PLAN

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON

B: AVO TOAST
L: GRILLED CHICKEN SALAD
D: BAKED SALMON, QUINOA + BROCCOLI

B: OMELETTE WITH PEPPERS
L: CAPRESE SALAD WITH SLICED TURKEY
D: GRILLED CHICKEN THIGH, BROCCOLI + CARROTS

B: GREEK YOGURT + BERRIES + WALNUT
L: QUINOA SALAD WITH CHICKPEAS + VEGGIES
D: GRILLED SALMON WITH ASPARAGUS

B: WHOLE GRAIN WAFFLES + GREEK YOGURT
L: ASIAN-INSPIRED SALAD
D: PAN-SEARED COD + BROWN RICE

TUE

B: SPINACH, BANANA SMOOTHIE
L: TURKEY AVOCADO WRAP
D: STIR FRY TOFU + MIXED VEGGIES

B: OATMEAL, CINNAMON + BANANA
L: STIRFRIED VEGETABLES
D: ROASTED VEGETABLES

B: AVO TOAST WITH POACHED EGGS
L: SALMON ARUGULA SALAD + BALSAMIC
D: TOMATO SOUP WITH CHICKPEAS

B: OATMEAL, CINNAMON + BANANA
L: STIRFRIED VEGETABLES
D: ROASTED VEGETABLES

WED

B: OVERNIGHT OATS WITH BERRIES
L: LENTIL SOUP WITH WHOLE GRAIN
D: GRILLED CHICKEN BREAST + ASPARAGUS

B: EGG WRAP + VEGGIES
L: SWEET POTATOES + CHICKEN
D: TOFU BARBECUE & GARLIC RICE

B: OVERNIGHT OATS + CHIA SEEDS + PEACHES
L: LENTIL SOUP WITH CRACKERS
D: QUINOA WITH FISH SAUCE

B: AVO TOAST
L: GRILLED CHICKEN SALAD
D: BAKED SALMON, QUINOA + BROCCOLI

THU

B: WHOLE GRAIN WAFFLES + GREEK YOGURT
L: ASIAN-INSPIRED SALAD
D: PAN-SEARED COD + BROWN RICE

B: AVO TOAST
L: GRILLED CHICKEN SALAD
D: BAKED SALMON, QUINOA + BROCCOLI

B: SMOOTHIE WITH SPINACH + BANANA
L: MEDITERRANEAN TUNA SALAD
D: GRILLED CHICKEN WITH TZATZIKI

B: AVO TOAST WITH POACHED EGGS
L: SALMON ARUGULA SALAD + BALSAMIC
D: TOMATO SOUP WITH CHICKPEAS

FRI

B: OATMEAL + BOILED EGGS
L: STIRFRIED VEGETABLES + CHICKEN
D: TUNA SALAD

B: OVERNIGHT OATS WITH BERRIES
L: LENTIL SOUP WITH WHOLE GRAIN
D: GRILLED CHICKEN BREAST + ASPARAGUS

B: SCRAMBLED EGGS + WHOLE GRAIN TOAST
L: FALAFEL WRAP WITH TAHINI SAUCE
D: SHRIMP + WHOLE GRAIN PASTA

B: EGG WRAP + VEGGIES
L: SWEET POTATOES + CHICKEN
D: TOFU BARBECUE & GARLIC RICE