

HEALTHY COOKING AND EATING

SAMPLE WEEKLY MENU

Monday:

- Breakfast: Baked egg cups with egg, cheese, and spinach or broccoli. Side of sliced fruit.
- Lunch: Chicken salad on mixed greens with a whole grain roll.
- Dinner: Cabbage and beef enchiladas with avocado and mixed greens on top.
- Snack: Edamame

Tuesday:

- Breakfast: Whole grain waffle with fresh fruit
- Lunch: Leftover enchiladas
- Dinner: Slow cooker hoisin pork roast, sweet potatoes and kale salad
- Snack: Greek yogurt with fresh fruit

Wednesday:

- Breakfast: Fruit and yogurt smoothie
- Lunch: Left over slow cooker pork sandwiches
- Dinner: Curried chicken casserole with carrot salad
- Snack: Snack mix, dried nuts and fruit

Thursday:

- Breakfast: Baked egg cups with egg, cheese, and spinach or broccoli. Side of sliced fruit.
- Lunch: Leftover curried chicken casserole
- Dinner: Arugula salad and mini meat loaves
- Snack: Kale chips

Friday:

- Breakfast: Whole grain waffle with fresh fruit
- Lunch: leftover mini-meatloaves and arugula salad
- Dinner: Black Bean Quinoa Salad with Lemon Dressing
- Snack: Banana and nut butter

Saturday:

- Breakfast: Fruit and Yogurt smoothie
- Lunch: Quinoa salad leftovers
- Dinner: Butternut, bacon, and apple soup
- Snack: Veggies and hummus

Sunday:

- Breakfast: whole grain and fruit muffins
- Lunch: soup leftovers
- Dinner: roast chicken, roasted broccoli, and brown rice
- Snack: summer fruit salad



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