

Meal Plan

	BREAKFAST	LUNCH	DINNER
MON	SCRAMBLED EGGS WITH WHOLE WHEAT TOAST AND SLICED AVOCADO.	QUINOA SALAD WITH MIXED VEGETABLES AND A LEMON-TAHINI DRESSING.	BAKED CHICKEN BREASTS WITH ROASTED POTATOES AND STEAMED BROCCOLI.
TUE	OVERNIGHT OATS WITH BERRIES AND A DRIZZLE OF HONEY.	TUNA SALAD WRAPS WITH LETTUCE AND TOMATO.	LENTIL SOUP WITH A SIDE OF GARLIC BREAD.
WED	BREAKFAST BURRITOS WITH SCRAMBLED EGGS, BLACK BEANS, AND SALSA.	CHICKPEA AND VEGETABLE CURRY WITH BROWN RICE.	SPAGHETTI WITH MARINARA SAUCE AND A SIDE SALAD.
THU	GREEK YOGURT WITH GRANOLA AND MIXED FRUIT.	TURKEY AND CHEESE SANDWICH WITH CARROT STICKS.	BEEF STIR-FRY WITH MIXED VEGETABLES AND BROWN RICE.
FRI	VEGGIE OMELETTE WITH SPINACH, BELL PEPPERS, AND CHEESE.	CAPRESE SALAD WITH MOZZARELLA, TOMATOES, AND BASIL.	BLACK BEAN AND VEGETABLE ENCHILADAS WITH A SIDE OF MEXICAN RICE.
SAT			
SUN			

SNACKS

- CARROT STICKS WITH HUMMUS.
- GREEK YOGURT WITH A SPRINKLE OF GRANOLA.
- APPLE SLICES WITH PEANUT BUTTER
- POPCORN.

Grocery List

PROTEINS:

- CHICKEN BREASTS
- EGGS
- TUNA (CANNED)
- GROUND TURKEY
- BLACK BEANS (CANNED)
- LENTILS

GRAINS:

- WHOLE WHEAT BREAD
- WHOLE WHEAT TORTILLAS
- QUINOA
- BROWN RICE
- SPAGHETTI
- GARLIC BREAD

FRUITS AND VEGETABLES:

- AVOCADO
- BERRIES (E.G., STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
- MIXED VEGETABLES (FRESH OR FROZEN)
- SPINACH
- BELL PEPPERS
- BROCCOLI
- LETTUCE
- TOMATO
- CARROTS
- MOZZARELLA CHEESE
- TOMATOES (FOR CAPRESE SALAD)
- BASIL (FOR CAPRESE SALAD)
- MIXED FRUIT (E.G., APPLES, ORANGES, GRAPES)

PANTRY STAPLES:

- OLIVE OIL
- LEMON
- TAHINI
- SALSA
- MARINARA SAUCE (CANNED OR JARRED)
- CURRY POWDER
- GARLIC POWDER
- CUMIN
- PAPRIKA
- OREGANO
- BLACK BEAN ENCHILADA SAUCE (CANNED OR JARRED)
- MEXICAN RICE MIX
- HONEY
- GRANOLA
- POPCORN KERNELS
- HUMMUS
- PEANUT BUTTER

REMEMBER TO CHECK YOUR PANTRY FOR ANY ITEMS YOU MAY ALREADY HAVE TO AVOID UNNECESSARY PURCHASES. ADDITIONALLY, BE OPEN TO SUBSTITUTING INGREDIENTS BASED ON SALES OR DISCOUNTS AVAILABLE AT YOUR LOCAL GROCERY STORE.