



meal plan

Week of:

breakfast

lunch

supper

monday

Scrambled eggs,
roasted tomatoes

Veggie, hummus &
cheese tortilla
wraps, apple slices

Chicken piccata,
potatoes,, green
beans

tuesday

Overnight
Strawberry
Cheesecake Oats

tuna pasta salad with
diced cucumbers &
sweet peppers

Chicken piccata
leftovers with rice,
onions, and sweet
peppers

wednesday

Breakfast smoothies,
bagels w your
favourite toppings

Homemade cream of
chicken soup

Quiche

thursday

leftover quiche

Smorgasbord: sliced
cheese, Kielbasa,
crudites & dip,
applesauce & berries

Crockpot Beef &
Dumplings

friday

Overnight Oatmeal

Leftover beef &
dumplings with fresh
salad & apple cider
vinaigrette

Homemade pizza

saturday

Blueberry Protein
Pancakes & Sausage

Simple picnic-style
lunch, lunch out, OR
take out (delic
counter)

Fresh fish, sweet
potatoes, & onions

sunday

Vanilla French Toast
& Berries

Hearty Salad & Soup

Pork tenderloin &
vegetables

snacks for the week

fresh strawberries, apples, homemade crackers,
cheese slices, homemade vanilla yogurt