

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Smoothie: blueberry, almond butter, yogurt, flax seeds, frozen spinach, banana	<a href="#">Protein waffles</a> , yogurt, berries	yogurt, whole grain cereal, berries, peanut butter	Breakfast sandwich Clementine	Cottage cheese, chia, nuts, berries	Pancake Saturday	French toast & yogurt
Snack 1	HB egg, whole grain crackers, cheese, clementine, pepitas	Strawberries, pecans	cheese, whole grain crackers, mini cucumber sliced, apple	HB egg, whole grain crackers, cheese, bell pepper, berries, pepitas	clementine, peanuts	yogurt	Kind bar
Lunch	<a href="#">Snap kitchen</a> Oatmeal bite	<a href="#">Snap kitchen</a> Oatmeal bite	<a href="#">Snap kitchen</a> Oatmeal bite	<a href="#">Snap kitchen</a> Oatmeal bite	<a href="#">Snap kitchen</a> Oatmeal bite	Tuna Sandwiches, fruit, salad kit, Oatmeal bite	Leftovers
Snack 2	HB Egg, latte	tortilla chips, cheese, guac	Cheese, homemade <a href="#">frappuccino</a>	HB Egg, latte	Apple, almonds	tortilla chips, cheese, guac	Apple, almonds
Dinner	<a href="#">Fish tacos</a> (tilapia) + bagged coleslaw	Store bought rotisserie chicken + bbq sauce + baked potato + <a href="#">collard greens</a>	<a href="#">Biscuit pot pie</a> + leftover collard greens	<a href="#">Black bean bowl</a>	Pizza/Movie Night: Pizza + bagged salad	Entertaining: Beef/Mushroom Sliders +roasted potatoes +cucumber salad	Dinner out with extended family
Snack 3	popcorn/Chickpea/ nuts	Yasso Bar	popcorn/Chickpea/ nuts	Yasso Bar	Ice Cream Kind Bar	S'mores	

Please note: This sample meal plan is for informational purposes only and does not take the place of medical, nutritional, dietary, or any other medical advice.