

weekly meal planner with bento lunch

week of _____

	M	T	W	T	F																																
breakfast	Cornflakes, f milk, banana coffee	Muesli, yogurt, apple, tea	Fruit salad, cottage cheese, tea TURN ON SLOWCOOKER	Cornflakes, f milk, banana, tea	Cheese on toast trying new f cheese, tea																																
lunch	<table border="0"> <tr> <td>protein</td> <td>carb</td> </tr> <tr> <td colspan="2">fried rice w/ham egg and veggies</td> </tr> <tr> <td colspan="2">fruits/snacks apple</td> </tr> <tr> <td colspan="2">carrot kinpira, celery pickles veg</td> </tr> </table>	protein	carb	fried rice w/ham egg and veggies		fruits/snacks apple		carrot kinpira, celery pickles veg		<table border="0"> <tr> <td>protein</td> <td>carb</td> </tr> <tr> <td>tofu miso meatballs</td> <td>brown rice</td> </tr> <tr> <td colspan="2">fruits/snacks</td> </tr> <tr> <td colspan="2">spinach namuru takuan pickles veg</td> </tr> </table>	protein	carb	tofu miso meatballs	brown rice	fruits/snacks		spinach namuru takuan pickles veg		<table border="0"> <tr> <td>protein</td> <td>carb</td> </tr> <tr> <td>spinach fritatta</td> <td>crackers</td> </tr> <tr> <td colspan="2">fruits/snacks clementine pocky</td> </tr> <tr> <td colspan="2">curried cauliflower veg</td> </tr> </table>	protein	carb	spinach fritatta	crackers	fruits/snacks clementine pocky		curried cauliflower veg		<table border="0"> <tr> <td>protein</td> <td>carb</td> </tr> <tr> <td>black bean burgers shoyu tamago</td> <td>brown rice</td> </tr> <tr> <td colspan="2">fruits/snacks mango salad</td> </tr> <tr> <td colspan="2">carrot kinpira steamed broccoli veg</td> </tr> </table>	protein	carb	black bean burgers shoyu tamago	brown rice	fruits/snacks mango salad		carrot kinpira steamed broccoli veg		Lunch meeting @ French Restaurant veg
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dinner	spaghetti w/meat sauce (use some meat for bento meatballs) green salad	Order in pizza big green salad with spinach **soak beans,	Black bean soup, cornbread w/cheese, steamed broccoli (make some extra black bean burgers, freeze some)	pasta with shrimp and vegetables salad	roast chicken potatoes brussel sprouts																																
snacks	yogurt with apricot preservens			ice cream!	clementines																																
notes	leftovers/topples use up carrot kinpira and takuan make xtra tofu meatballs make xtra black bean burgers bought too much spinach, use it up		notes make more brown rice over weekend try new cheese shop	shopping list coffee!!!! black beans banana potatoes tofu firm frozen shrimp	SALE: chicken thigh, broccoli, clementines																																