

1-Week Healthy Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Soaked Oatmeal Breakfast Cake	Eggs Sausage Raspberries	Mini Sweet Potato and Chocolate Chip Muffins	Eggs Sausage Berries	Mini Sweet Potato and Chocolate Chip Muffins	Oatmeal Berries Cottage Cheese	Eggs Sausage Berries
Lunch	Left Overs	Left over Pork chops, salad, quinoa	Turkey Lettuce Wraps with Quinoa	Chicken on Salad with Creamy Dressing	Canned salmon on Salad with Mustard Vinaigrette	15-minute Chicken Chili Salad with Mustard Vinaigrette	Left Overs
Dinner	Slow Cooked Pork Chops w/ Gravy, Salad, Quinoa	Chicken Stir-fry Brown Rice	Stuffed acorn squash with Ground Beef and Goat Cheese Collard Greens	Roast turkey, mashed potatoes w/ gravy, green bean casserole, stuffing	Balsamic Roasted Chicken over Veggie Trivet w/ Butternut Squash Soup	Slow-cooker short ribs Collard greens Beets w/ goat cheese	Left over Chicken Chili Salad with Mustard Vinaigrette
Snacks	AM: Apple Sauce PM: Guilt-free chocolate cake	AM: Cottage Cheese w/ Berries PM: Crock-Pot Pumpkin Pudding	AM: Yogurt w/ Berries PM: Nuts Cheese	AM: Yogurt Berries PM: Nuts Cheese/ Applesauce	AM: Apple with Peanut Butter PM: Cottage Cheese	AM: Apple with Peanut Butter PM: Yogurt/ Applesauce	AM: Cottage Cheese Berries PM: Guilt-free chocolate cake