

# Weekly Meal Plan

|           | BREAKFAST                              | LUNCH                              | DINNER                             | SNACKS  |
|-----------|--|------------------------------------|------------------------------------|---|
| MONDAY    | Walnut Oats and Yoghurt                | Pesto Turkey Sandwich              | Salmon with Brown Rice and Spinach | Bone broth, espresso and Fresh Fruit              |
| TUESDAY   | Greek Yoghurt with Berries             | Pasta with Salmon and Peachy Salad | Veggie Burger and Corn on the Cob  | Carrots and Salsa, Cheese and an Apple            |
| WEDNESDAY | Egg 'n' English Muffin                 | Couscous Lentil Salad              | Turkey Stir-fry with Quinoa        | Mango, Cottage Cheese and Yoghurt                 |
| THURSDAY  | Cottage Cheese and Tomato              | Tuna and Bulgur Salad              | Grilled Chicken and Baked Potato   | Coffee, banana, soda water with lemon and Popcorn |
| FRIDAY    | Breakfast Muffin Crostini              | Tuna Pasta Salad                   | Steak, Sweet Potato and Veggies    | Yogurt, Strawberries and Olives                   |
| SATURDAY  | Oats with Protein Powder & Blueberries | Turkey and Avocado Roll            | Chicken and Beet Salad             | Apricots and Greek yoghurt with cinnamon          |
| SUNDAY    | Eggs with Mushrooms and Bacon          | Broccoli-Cheese Baked Potato       | Pork with Pasta and Green Beans    | Pear, Celery, coffee and Grapes                   |

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| THURSDAY  |           |       |        |        |
| FRIDAY    |           |       |        |        |
| SATURDAY  |           |       |        |        |
| SUNDAY    |           |       |        |        |