

# Meal Plan - Jeanette's Healthy Living

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• <a href="#">Whole Wheat Buttermilk Chocolate Chip Pancakes with Strawberry Sauce</a></li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal with Cinnamon</li> <li>• Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt with Granola and Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Hard Boiled or Poached Egg</li> <li>• Whole Grain Toast</li> <li>• Sliced Avocado and Tomato</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Blueberry Coconut Smoothie</a></li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal with Pumpkin Spice</li> <li>• Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Scrambled Eggs with Dried Herbs</li> <li>• Whole Grain Toast</li> <li>• Fresh Fruit</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Whole Grain Pita with Hummus, Lettuce, Tomato, Cucumbers (spice up hummus with paprika)</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Sandwich on Whole Grain Bread with Lettuce, Tomato, Hummus (spice up hummus with cumin)</li> </ul>	<ul style="list-style-type: none"> <li>• Tossed Green Salad with leftover <a href="#">Roast Salmon</a> (spice up salad dressing with dried herbs)</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna Salad Sandwich (add dried herbs to tuna salad)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Buffalo Chicken Salad</a> (served in a sandwich or wrap, or with whole grain crackers) - Kids Lunch Recipe</li> </ul>	<ul style="list-style-type: none"> <li>• Quesadilla using leftover <a href="#">Slow Cooker Hawaiian Chicken</a></li> </ul>	<ul style="list-style-type: none"> <li>• Tossed Green Salad with leftover <a href="#">Asian Grilled Flank Steak</a></li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• <a href="#">Smoky Slow Cooker Chili</a></li> <li>• Salad (spice up salad dressing with dried herbs)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">One Pan Roast Salmon with Broccoli</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Slow Cooker Hawaiian Chicken Tacos</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Pan Roasted Paprika Herbed Chicken</a></li> <li>• Roasted Cauliflower with Dried Thyme</li> </ul>	<ul style="list-style-type: none"> <li>• Leftover <a href="#">Smoky Slow Cooker Chili</a></li> <li>• Salad (spice up salad dressing with dried herbs)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Asian Grilled Flank Steak</a></li> <li>• Stir Fry Green Beans (spice up green beans with chili)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Chicken Burrito Salad Bowl</a></li> </ul>