

Weekly Meal Planner

WWW.GLOWWITHBRYANA.COM

@LETSGLOWWITHBRYANA

Week of:

Date:

Monday

BREAKFAST SCRAMBLED EGGS, TOAST WITH BUTTER & YOGURT
LUNCH HAM & CHEESE WRAP & MUFFIN
DINNER GROUND BEEF SPAGHETTI & APPLESauce
SNACK CHEESE CUBES, APPLE SLICES, OATMEAL ENERGY BITES

Tuesday

BREAKFAST MUFFIN & YOGURT
LUNCH PEANUT BUTTER SANDWICH & APPLESauce
DINNER CHICKEN BREAST WITH RICE & BUTTER, YOGURT
SNACK CHEESE CUBES, CARROT STICKS, BOILED EGGS

Wednesday

BREAKFAST PEANUT BUTTER TOAST & BANANA
LUNCH GROUND BEEF WRAP & YOGURT
DINNER BUTTERED NOODLES & PARMESAN CHEESE
SNACK CHEESE CUBES, APPLE SLICES, OATMEAL ENERGY BITES

Thursday

BREAKFAST SCRAMBLED EGGS, TOAST WITH BUTTER & YOGURT
LUNCH HAM & CHEESE WRAP & APPLE SLICES
DINNER GROUND BEEF SPAGHETTI & CARROT STICKS
SNACK CHEESE CUBES, APPLE SLICES, OATMEAL ENERGY BITES

Friday

BREAKFAST MUFFIN & YOGURT
LUNCH CHICKEN WRAP & BANANA
DINNER CHICKEN BREAST WITH RICE & BUTTER, YOGURT
SNACK CHEESE CUBES, CARROT STICKS, BOILED EGGS

Saturday

BREAKFAST PEANUT BUTTER TOAST & BANANA
LUNCH GROUND BEEF WRAP & YOGURT
DINNER PORK CHOPS WITH RICE & APPLESauce
SNACK CHEESE CUBES, CARROT STICKS, BOILED EGGS

Sunday

BREAKFAST MUFFIN & YOGURT
LUNCH HAM & CHEESE SANDWICH & APPLE SLICES
DINNER GROUND BEEF SPAGHETTI & CARROT STICKS
SNACK CHEESE CUBES, CARROT STICKS, OATMEAL ENERGY BITES

Shopping List

EGGS, YOGURT, BUTTER
HAM, CHEESE
GROUND BEEF, CHICKEN BREASTS (OR BONELESS THIGHS), PORK CHOPS
BREAD, WRAPS, MUFFINS
NOODLES, RICE
APPLES, BANANAS, CARROTS, APPLESauce
PEANUT BUTTER, OATMEAL, HONEY