

Weekly Meal Planner

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Week of:

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Date:

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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