



MEATLESS MONDAY

PRINT THIS OUT AND LEAVE ON THE FRIDGE (LAMINATE OR PLACE IN A PLASTIC FOLDER IF YOU CAN!) AND CIRCLE YOUR MEALS FOR EACH DAY OF THE WEEK!

Grilled Cheese w/ Tomato Soup + Side Salad

Black Bean (or veggie) Burger on a Whole Wheat Bun w/ lettuce, tomato, onion

Peanut Butter Toast with mashed raspberries and chia seeds + a glass of milk

Mediterranean Wrap- falafel, hummus, tzatziki, pickles red onions, tomato, cucumber, feta cheese

Chickpea Curry w/ Carrots, Onions and Zucchini served over brown rice

NOTES:

SHANNON CLORAN, RD, LDN



TACO TUESDAY

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Grilled Chicken or Steak Burritos

Loaded Nachos on sweet potato coins

Black Bean + Cheese Quesadillas

Tacos w/ either grilled chicken, steak, shrimp, fish, or black/pinto beans

Taco Salad- leafy green lettuce, ground turkey, toppings (tomato, onion, guac etc)

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THAI THURSDAY

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Thai Basil Chicken Stir Fry over White Rice

Fresh Spring Rolls with Shrimp and Peanut Dipping Sauce

Red Curry Tofu + Vegetables w/ White Rice

Pad Thai with Rice Noodles and Vegetables

Creamy Coconut and Chicken soup

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FUNKY FRIDAY

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Cheese Pizza + Salad w/ Grilled Chicken

Tuna Melts w/ Fruit Salad

Crockpot BBQ Chicken Sliders

Sausage + Peppers and Onions + Potato

Burger Bowl- beef/turkey/veggie burger on a bed of lettuce, baked fries, tomato, pickles, onion, shredded cheese

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SOUP/STEW SUNDAY

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Kale, White Bean, Sausage, and Potato Soup

Beef Stew with carrots, onions, potato

Nourishing Chicken Noodle Soup

Lasagna Soup- red sauce, ground beef, broken lasagna noodles, topped with a scoop of ricotta cheese and dried basil

Hearty Lentil + Vegetable Soup

NOTES:

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