

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	B: Mango Overnight Oats L: Cali chicken salad sandwich w/ veggies D: Air fryer salmon w/corn on the cob & peaches	B: Strawberry Banana Baked Oatmeal L: Weekend leftovers. D: Ground Turkey Sloppy Joes	B: Chocolate Overnight Oats /berries L: Egg Salad Sandwich w/veggies D: Chicken Enchilada Bake	B: Mini Banana Pancakes topped w/yogurt and fruit L: Simple sandwich or salad D: Asian-Inspired Noodle Bowl
TUE	B: Whole grain blueberry pancakes + a baked egg. L: Green Goddess Salad D: Pesto tortellini w/chicken	B: PB&J Smoothie L: Tuna and Chickpea Salad sandwich w/fruit or veggie D: Lemon Pepper Chicken w/roasted potato+veggies	B: Blueberry Tofu Smoothie L: Mango Avocado toast w/hard boiled egg. D: Black Beans & Rice casserole w/ chips + guacamole	B: Sourdough French toast w/peanut butter + fruit. L: Leftover noodle bowl D: Turkey Burgers w/ chips and fruit
WED	B: Overnight oats w/fruit L: Cali chicken salad w/Triscuits & veggies D: Baked Italian chicken w/orzo	B: Leftover Baked oatmeal L: Greek Yogurt parfait D: Leftover turkey sloppy joes	B: Sourdough french toast + fruit L: Greek yogurt parfait D: Leftover Enchilada Bake & beans and rice	B: Leftover mini banana pancakes L: Hummus Veggie Wrap w/Fruit Salad D: Egg Casserole w/ toast (breakfast for dinner)
THURS	B: Avocado toast + a baked egg. L: Kale salad w/leftover chicken.	B: Greek yogurt parfait. L: Simple sandwich w/carrots & an apple	B: PB Protein Bar + berries and milk L: Hummus veggie wrap and fruit salad.	B: Overnight Oats L: Chicken salad on a salad D: Leftover turkey burgers

FRI

D: [Air Fryer BBQ Chicken](#) w/corn on the cob &

D: [Chicken Caesar Salad](#)

D: [Salmon pasta](#)

B: Blueberry Pancakes

L: Leftover tortellini

D: [BBQ Chicken flatbread pizza](#) & side salad

B: [Chocolate Overnight Oats](#) w/berries

L: [Tuna Chickpea Salad](#) salad w/ dressing

D: Leftover lemon pepper chicken

B: [Avocado Toast](#) w/hard boiled egg

L: Salad w/chicken or [hard-boiled egg](#)

D: Leftover Salmon Pasta

B: Leftover egg casserole w/ toast

L: [Greek yogurt parfait](#)

D: [Margherita Flatbread Pizza](#)