

# WEEKLY MEAL PLANNER

MONTH:

WEEK:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

NOTES:

USE THE THREE CATEGORIES BELOW AS IDEAS TO ASSIST YOU IN YOUR PLANNING

### PROTEINS

- ★grilled chicken breasts
- ★beef tenderloin
- ★stuffed pork chops
- ★baked chicken
- ★ground beef
- ★sausage
- ★ribeye steak
- ★baked salmon
- ★spare ribs
- ★grilled fish

### STARCHES

- ★kale and rice
- ★baked potato
- ★peas and rice
- ★garlic mash potato
- ★sweet potato
- ★pasta
- ★couscous
- ★yellow rice
- ★macaroni and cheese
- ★potato salad

### VEGETABLES

- ★ string beans
- ★steamed broccoli
- ★roasted Brussels sprouts
- ★mustard greens
- ★carrots
- ★beets
- ★grilled asparagus
- ★cauliflower
- ★snow peas
- ★spinach