



HEALTHY MEAL PLAN

+ grocery list full recipes are included in this guide

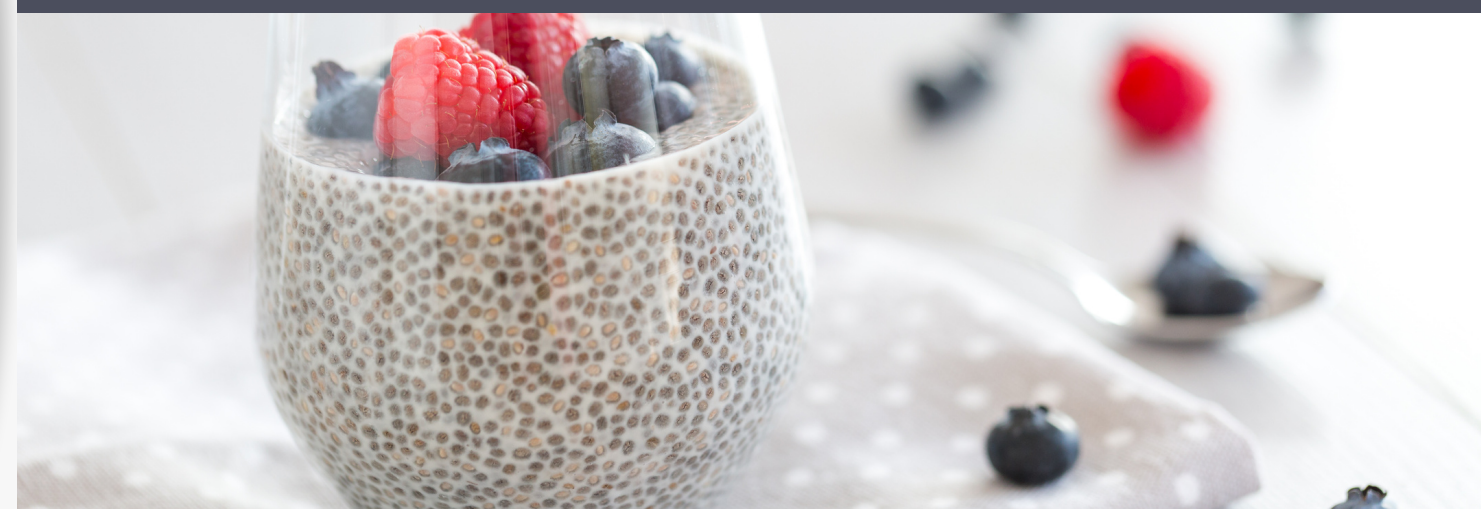
30 min

BREAKFAST

LUNCH OR SUPPER

MONDAY

Berry Chia Pudding



Berry Chicken Salad



TUESDAY

Quinoa Breakfast Bowl

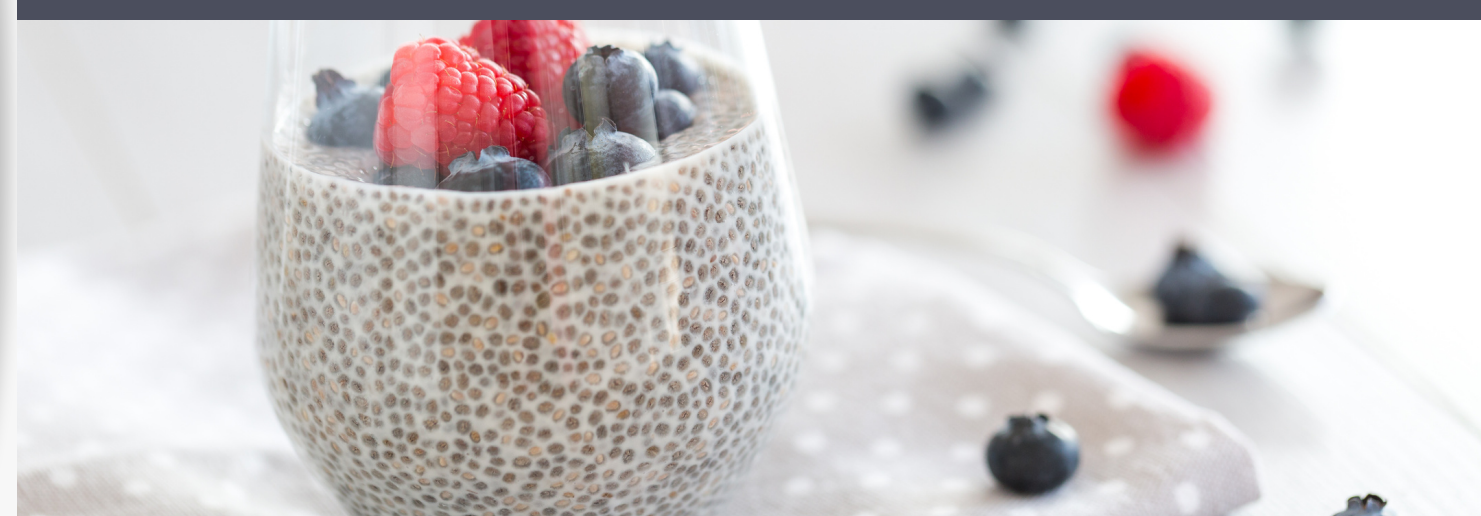


Shredded Chicken Tacos



WEDNESDAY

Berry Chia Pudding



Mediterranean Bowl



THURSDAY

Greek Yogurt Berry Bowl



Chicken Veggie Stir Fry



FRIDAY

Berry Chia Pudding



Black Bean Nachos

