



1-WEEK HEALTHY MEAL PLAN

+ grocery list

full recipes are included in this guide

in <90 minutes

MONDAY

Protein Chia Pudding



Taco Salad



Chicken Gyros



TUESDAY

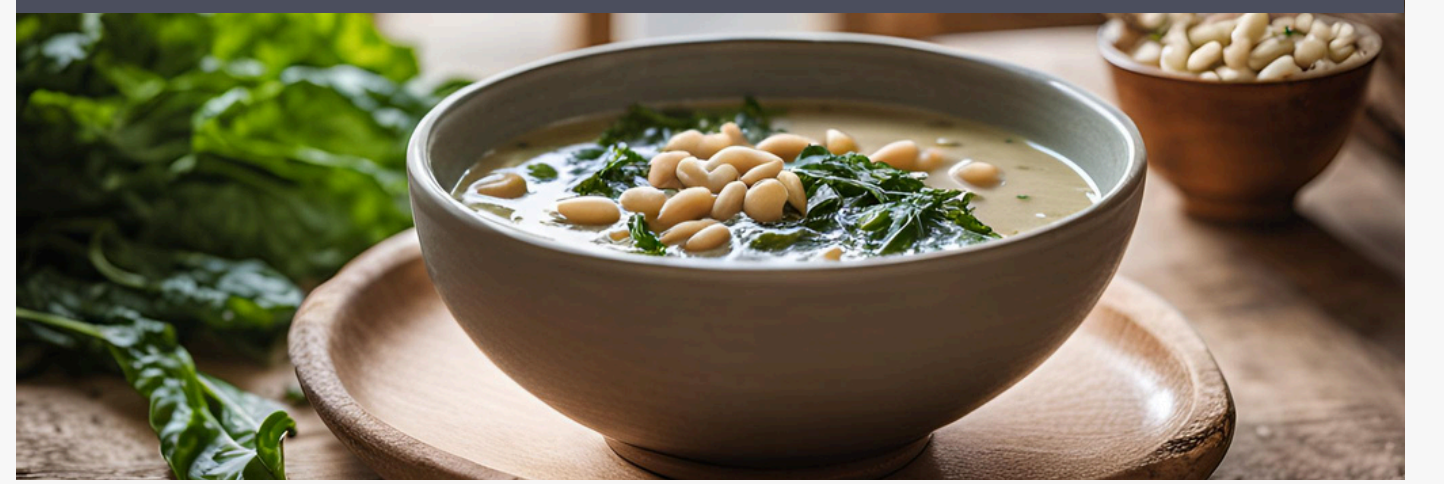
Protein Chia Pudding



Tuna Chickpea Salad



White Bean Chard Soup



WEDNESDAY

Apple Slices + Nut Butter



Leftovers



Beef Black Bean Nachos



THURSDAY

Protein Chia Pudding



Mediterranean Salad



Leftovers



FRIDAY

Protein Chia Pudding



Tuna Chickpea Sandwich



Chicken Burrito Bowl



SATURDAY

You Choose



Leftovers/Takeout



Leftovers/Takeout



SUNDAY

You Choose



Build Your Own Meal



Build Your Own Meal

