

EAT LIKE A JESUSDOER

health challenge



A 7-day meal plan packed with affordable, nourishing foods!

Benefits to Eating Healthy:

Good for your heart, body & mind! Great for your confidence!
Better sleep and more energy! Helps regulate blood sugar to
reduce risk of diabetes! Live a longer, healthier life!

Day 1:

Breakfast: Oatmeal w Banana

Snack: Hard-Boiled Egg

Lunch: Whole Grain Turkey Sandwich
with Carrot Sticks

Dinner: Grilled Chicken w Broccoli &
Brown Rice

Day 2:

Breakfast: Greek Yogurt w Berries

Snack: Small Apple

Lunch: Lentil Soup w Whole Grain
Bread

Dinner: Stir Fried Tofu w Veggies &
Quinoa

Day 3:

Breakfast: Spinach, Banana, Almond
Milk Smoothie

Snack: A Handful of Almonds

Lunch: Tuna Salad w Lettuce, Tomato &
Cucumber

Dinner: Baked Salmon w Sweet Potato
and Green Beans

Day 4:

Breakfast: Scrambled Eggs w Spinach

Snack: Carrot Sticks w Hummus

Day 4 (con't):

Lunch: Chickpea Salad w Greens &
Vinaigrette

Dinner: Turkey Meatballs w Whole
Wheat Spaghetti & Marinara

Day 5:

Breakfast: Whole Grain Toast w Peanut
Butter & Banana

Snack: A Small Orange

Lunch: Quinoa Bowl w Black Beans,
Corn & Tomatoes

Dinner: Grilled Chicken Fajitas w
Peppers & Onions

Day 6:

Breakfast: Cottage Cheese w Pineapple
Chunks

Snack: A Hard-Boiled Egg

Lunch: Veggie Stir-Fry w Tofu & Brown
Rice

Dinner: Baked Tilapia w Steamed
Broccoli & Quinoa

Day 7:

**REWARD Day! In moderation...smaller
portions of your favorite foods!**