



# 5-DAY MEAL PLAN

Based on taste, health, speed, digestion, and budget!

## MEAL 1

## MEAL 2

## MEAL 3

### MON

homemade oatmeal  
with cinnamon, honey,  
& coconut milk

chicken wrap with  
lettuce, tomatoes, and  
spicy mustard

grilled burger with  
pickles and green  
beans

### TUE

2 pieces toast with  
natural peanut butter  
and sliced banana

avocado, tomato salad  
with breakfast sausage

Salmon or fish of  
choice with baked  
potato and spinach

### WED

scrambled eggs with  
sautéed spinach

homemade pizza  
without cheese

grilled chicken,  
steamed broccoli, and  
potato chips

### THU

2 frozen waffles with 3  
Tbsp maple syrup

garden salad with ham  
and boiled egg, olive oil  
and salt

brats with spaghetti  
and sauce, and green  
beans

### FRI

1 cup plain yogurt or  
alternative with 1/2  
cup granola & berries

soup & mixed greens

chicken thighs,  
cauliflower rice, and  
garlic bread

SATURDAY AND SUNDAY ARE ON YOUR OWN!