MENU PLAN TEMPLATE

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WENESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| BREAKFAST |  |  |  |  |  |  |  |
| 2ND BREAKFAST |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |

SAMPLE MENU PLAN

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WENESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| BREAKFAST | BIG SALAD  (GREENS,  MIXED VEGGIES,  QUINIOA  TABBOULEH,  BALSAMIC VINEGAR) | BIG SALAD  (GREENS,  MIXED VEGGIES,  QUINIO,  TABBOULEH,  BALSAMIC VINEGAR) | BIG SALAD  (GREENS,  MIXED VEGGIES,  QUINIOA  TABBOULEH,  BALSAMIC VINEGAR) | BIG SALAD  (GREENS,  MIXED VEGGIES,  QUINIOA  TABBOULEH,  BALSAMIC VINEGAR) | BIG SALAD  (GREENS,  MIXED VEGGIES,  QUINIOA  TABBOULEH,  BALSAMIC VINEGAR) | BIG SALAD  (GREENS,  MIXED VEGGIES,  QUINIOA  TABBOULEH,  BALSAMIC VINEGAR) | BIG SALAD  (GREENS,  MIXED VEGGIES,  QUINIOA  TABBOULEH,  BALSAMIC VINEGAR) |
| 2ND BREAKFAST | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT |
| LUNCH | BIG BAKED POTATO WITH CHEEZY SAUCE &  ROASTED  BRUSSELS SPROUTS | BIG BAKED POTATO WITH CHEEZY SAUCE  STEAMED BROCCOLI | BIG BAKED POTATO WITH CHEEZY SAUCE  ROASTED  BRUSSELS SPROUTS | BIG BAKED POTATO WITH CHEEZY SAUCE  STEAMED BROCCOLI | BIG BAKED POTATO WITH CHEEZY SAUCE  ROASTED  BRUSSELS SPROUTS | BIG BAKED POTATO WITH CHEEZY SAUCE  STEAMED BROCCOLI | BIG BAKED POTATO WITH CHEEZY SAUCE  ROASTED  BRUSSELS SPROUTS |
| DINNER | 3 BEAN CHILI  RICE  VEGGIES & HUMMUS | GREEN LENTIL CURRY  RICE  VEGGIES & HUMMUS | 3 BEAN CHILI  RICE  VEGGIES & HUMMUS | GREEN LENTIL CURRY  RICE  VEGGIES & HUMMUS | 3 BEAN CHILI  RICE  VEGGIES & HUMMUS | GREEN LENTIL CURRY  RICE  VEGGIES & HUMMUS | 3 BEAN CHILI  RICE  VEGGIES & HUMMUS |