

Meal Plan for Week 1

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WEEKDAY	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY FUNDAY	Veggie Egg Muffins + fruit	Taco Salad in a Jar	Veggie-Licious Lasagna	Energy Bites & Greek yogurt
MONDAY	Overnight Oatmeal	Quinoa Salad + fruit	Lasagna leftovers	Veggies & hummus
TUESDAY	Veggie Egg Muffins + fruit	Taco Salad in a Jar	Spinach Dal over Brown Basmati Rice	Energy Bites with milk of your choice
WEDNESDAY	Overnight Oatmeal	Quinoa Salad + fruit	Spinach Dal leftovers	Dried nuts, raisins and dark chocolate chips
THURSDAY	Veggie Egg Muffins + fruit	Taco Salad in a Jar	Chicken and Stir Fry Asian Vegetables over Cauliflower Rice	Energy Bites with milk of your choice
FRIDAY	Overnight Oatmeal	Quinoa Salad + fruit	Stir Fry leftovers	String cheese wrapped with ham and whole wheat crackers
SATURDAY	Veggie Egg Muffins	Taco Salad in a Jar	Mediterranean Tuna Salad with Whole Wheat Pita	Cheese cubes and fresh fruit

Meal Plan for Week 2

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WEEKDAY	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY FUNDAY	Carrot Muffin + hard-boiled egg	Greek Chickpea Salad in a Jar	Tuna salad leftovers	Energy Bites & Greek yogurt
MONDAY	Chocolate Chia Pudding	Curry Chickpea Wrap + fruit	Black Bean Burgers with Tzatziki Sauce and Green Salad	Veggies & hummus
TUESDAY	Carrot Muffin + hard-boiled egg	Greek Chickpea Salad in a Jar	Black bean burgers leftovers	Energy Bites with milk of your choice
WEDNESDAY	Chocolate Chia Pudding	Curry Chickpea Wrap + fruit	Lemony Chicken Quinoa	Dried nuts, raisins and dark chocolate chips
THURSDAY	Carrot Muffin + hard-boiled egg	Greek Chickpea Salad in a Jar	Chicken quinoa leftovers	Energy Bites with milk of your choice
FRIDAY	Chocolate Chia Pudding	Curry Chickpea Wrap + fruit	Instant Pot BBQ Chicken with Roasted Sweet Potatoes and Broccoli	String cheese wrapped with ham and whole wheat crackers
SATURDAY	Carrot Muffin + hard-boiled egg	Greek Chickpea Salad in a Jar	BBQ chicken, sweet potato and broccoli leftovers	Cheese cubes and fresh fruit