

Summer

MEAL PLAN WEEK 4



	BREAKFAST	LUNCH	DINNER
MON	Cottage cheese & fruits	Leftovers	Meatless Monday <u>Tofu Pad Thai</u> (recipe from the Minimalist Baker)
TUE	<u>Breakfast Egg Muffins</u> (recipe from Natasha's Kitchen) Fruits	Leftovers	<u>Fish Tacos</u> (recipe from Natasha's Kitchen) Coleslaw
WED	Greek yogurt parfait	Leftovers	Break from cooking Serve a favorite store prepared meal or get take-out/delivery (e.g., pizza, lasagna, etc.)
THU	Avocado & tomato toast Fruits	Leftovers	<u>Roast chicken</u> (with one of these <u>marinades</u>) Roast potatoes and/or Summer vegetables
FRI	Cottage cheese & berries toast	Leftovers	Stir Fry Friday Chicken & pineapple fried rice
SAT	Ricotta, tomato & spinach frittata	<u>Creamy Corn Soup</u> (recipe from Spend with Pennies) Cheesy breadsticks	Eat at restaurant or friends'/family's home
SUN	<u>Easy Zucchini Fritters</u> (recipe from Natasha's Kitchen) Bacon Fruits	Leftovers or Smoked salmon sandwich Salad	<u>Instant Pot Beef Pho</u> (recipe from Vicky Pham)

Snacks

Seasonal fruits (mango, papaya, pineapple, plum, peach, watermelon, berries, etc.)
Crackers and cheese
Vegetables and hummus dip

