

Summer

MEAL PLAN WEEK 3



	BREAKFAST	LUNCH	DINNER
MON	Avocado & tomatoes on toast Fruits	Leftovers	Meatless Monday <u>Eggplant Lasagna</u> (recipe from The Kitchn) Garlic Bread
TUE	Cream cheese & chives omelet Toast Fruits	Leftovers	Grilled bass Salad Potatoes
WED	Greek yogurt & fruits	Leftovers	Break from cooking Serve a favorite store prepared meal or get take-out/delivery (e.g., pizza, lasagna, etc.)
THU	Avocado & egg on toast Fruits	Leftovers	<u>Gnocchi with Sausage, Zucchini, and Tomato</u> (recipe from Martha Stewart)
FRI	Cottage cheese & berries on toast	Leftovers	Stir Fry Friday Stir-fry shrimp & scallop with summer vegetables Rice
SAT	Blueberry pancakes Bacon Fruits	<u>Beef barley soup</u> (recipe from The Forked Spoon) Toasted garlic bread	Eat at restaurant or friends'/family's home
SUN	<u>Breakfast Bread Bowls</u> (recipe from Taste of Home)	Leftovers or Ham & cheese croissant sandwich Salad	<u>Shepherd's Pie</u> (recipe from The Wholesome Dish) Variety of summer vegetables stir-fry

Snacks

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

