## 7-Day Meal Plan

The following meal plan incorporates the recipes from your recipe packet. Don't like a recipe? Substitute it with a different one from your packet! Enjoy!

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | *Veggie Egg Sandwich Fruit | *Sunflower Protein Toast | *Refreshing Fruit Smoothie | *Easy Breakfast Burrito | *Quiona Steel Cut Oatmeal | *Hard Boiled Eggs, Toast, and Fruit | *Way Healthy Waffles |
| Snack | Almonds <br> ( $1 / 4$ cup) | Fruit | Red Peppers (1 cup) Hummus ( $1 / 4$ cup) | Fruit | Peanuts (1/4 cup) | Homemade Trail Mix (1/4 cup of nuts and dried fruit) | Whole Grain Pita (6") Peanut Butter (2 TBS) |
| Lunch | *Spinach Salad with Grilled Shrimp | *Savory Chicken Barley Soup | *Mediterranean Veggie Wrap | *Indian Red Lentil Soup Whole Grain Crackers (5) | *Turkey Cobb Lettuce Wraps | *Pad Thai Salad | *Steak and Veggie Kabobs |
| Snack | Fruit | Homemade Trail Mix ( $1 / 4$ cup nuts \& dried fruit) | Pistachios ( $1 / 4$ cup without shells) | Greek Yogurt (1/2 cup) Walnuts ( $1 / 4$ cup) | Whole Grain Crackers (5) Hummus (2 TBS) | String Cheese | Pistachios ( $1 / 4$ cup without shells) |
| Dinner | *Fiesta Turkey Chili | *Red Quinoa and Veggie Stir-fry | *Thai Sesame Chicken | *Ginger Sesame Salmon and Asparagus | *Chicken Pesto Pizza | *Orange Rosemary Grilled Pork Tenderloin | *Gluten-Free Shrimp Scampi |
| Snack | Whole Grain Crackers (5) Cheese (1 ounce) | Whole Grain Cold Cereal (1 cup) Milk (1 cup) | Air-Popped Popcorn (2 cups) | Fruit | Whole Wheat Toast (1) Peanut Putter (1 TBS) | Greek Yogurt (1/2 cup) Honey ( 1 tsp) Chopped Nuts ( $1 / 4$ cup) | Fruit |

* = Recipe from the packet

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