



MHealthy Nutrition: MEAL PLANNER



	Monday	Tuesday	Wednesday	Thursday	Friday
	STIR FRY	FAJITA	PROTEIN & POTATOES	BREAKFAST FOR DINNER	PIZZA
GRAINS/ STARCHY VEGETABLES	<ul style="list-style-type: none"> • Brown rice • Quinoa • Soba noodles • Wild rice 	<ul style="list-style-type: none"> • Whole grain tortillas • Whole wheat lavash • Whole wheat pitas 	<ul style="list-style-type: none"> • Baked potato • Baked sweet potato • Mashed potatoes with skin 	<ul style="list-style-type: none"> • Whole grain pancakes/waffles • French toast w/whole grain bread • Frozen hashbrowns 	<ul style="list-style-type: none"> • Whole grain pizza crust • Whole grain flat bread • Whole grain English muffin
VEGETABLES	<ul style="list-style-type: none"> • Beets • Mushrooms • Broccoli • Pea pods • Cauliflower • Frozen veggies 	<ul style="list-style-type: none"> • Romaine lettuce • Tomatoes • Onions • Peppers • Spinach • Pico de gallo 	<ul style="list-style-type: none"> • Bagged salad • Frozen steamed veggies • Roasted acorn squash, carrots, broccoli, zucchini 	<ul style="list-style-type: none"> • Tomato/vegetable juice • Omelet fillings—tomatoes, peppers, onions • Fresh fruit 	<ul style="list-style-type: none"> • Mushrooms • Olives • Spinach • Broccoli • Peppers • Eggplant
PROTEIN	<ul style="list-style-type: none"> • Tofu • Chickpeas • Chicken breast • Shrimp 	<ul style="list-style-type: none"> • Beans • Meat alternative • Ground turkey • Lean beef 	<ul style="list-style-type: none"> • Salmon • Cod • Pork tenderloin • Chicken thighs 	<ul style="list-style-type: none"> • Eggs • Turkey sausage/bacon 	<ul style="list-style-type: none"> • Black beans • Ham • Mozzarella cheese

ADD A BENEFICIAL FAT

Avocado • Olive oil • Nuts • Seeds

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	SOUTHWEST SALAD	PASTA	GRAIN BOWL	SHEET PAN	SANDWICHES
GRAINS/ STARCHY VEGETABLES	<ul style="list-style-type: none"> • Tortilla chips • Spanish rice • Corn bread 	<ul style="list-style-type: none"> • Whole wheat pasta • Soba noodles • Spiralized butternut squash 	<ul style="list-style-type: none"> • Bulgur • Quinoa • Brown rice • Whole grain pasta 	<ul style="list-style-type: none"> • Red potatoes • Sweet potatoes • White potatoes 	<ul style="list-style-type: none"> • Whole grain pita • Whole grain bread • Whole grain lavash • Whole wheat tortilla
VEGETABLES	<ul style="list-style-type: none"> • Bagged salad • Onions • Tomatoes • Salsa/ jalapenos • Peppers • Jicama 	<ul style="list-style-type: none"> • Marinara sauce • Zucchini • Yellow squash • Onions and garlic • Frozen veggies • Artichokes 	<ul style="list-style-type: none"> • Brussel sprouts • Carrots • Greens • Pea pods • Tomatoes • Cabbage 	<ul style="list-style-type: none"> • Mushrooms • Green beans • Asparagus • Carrots • Broccoli • Brussel sprouts 	<ul style="list-style-type: none"> • Lettuce/spinach • Sprouts/ cucumbers • Bok choy leaves • Banana peppers • Radishes • Pickles
PROTEIN	<ul style="list-style-type: none"> • Black beans • Light cheese • Seasoned ground turkey 	<ul style="list-style-type: none"> • Cannellini beans • Meat alternative • Chicken sausage • Ground turkey 	<ul style="list-style-type: none"> • Salmon • Tuna • Garbanzo beans • Black beans • Tofu 	<ul style="list-style-type: none"> • Salmon • Shrimp • Tofu • Pork tenderloin • Chicken breast 	<ul style="list-style-type: none"> • Deli meats • Hummus • Nut butter • Chicken, tuna, egg salad

ADD FLAVOR TO YOUR MEAL

Fresh garlic • Basil • Oregano • Thyme • Crushed red pepper