

1-WEEK SUMMMER MENU PLAN

Here are some simple meal ideas for your table!

<p>SUNDAY</p> <p>B - smoothie (make it cheap with these tips!) D - IP salmon & potatoes, salad PREP - soak and cook beans (optional)</p>	<p>MONDAY</p> <p>B - fruit, eggs D - cowboy caviar, chips/cornbread</p>
<p>TUESDAY</p> <p>B - toast & spread D - salad bar/meal salad PREP - soak and cook beans (opt. for Thu)</p>	<p>WEDNESDAY</p> <p>B - yogurt, fruit, pb toast D - leftovers PREP - make refried beans (opt.)</p>
<p>THURSDAY</p> <p>B - zucchini bread baked oatmeal D - pinto bean tostadas</p>	<p>FRIDAY</p> <p>B - leftover oatmeal, eggs D - homemade pizza, salad</p>
<p>SATURDAY</p> <p>B - Strawberry breakfast cake (use frozen thawed strawberries, blueberries, or mixed berries) D - IP chicken burrito bowls or leftovers</p>	<p>DESSERT</p> <p>Peanut butter chocolate chip cookie dough hummus</p>

MEAL PREP	LUNCHESES	SNACKS
<p><i>Optional to make ahead</i></p> <p>Greek dressing Bread (or try whole wheat) Hummus or ranch dip Zucchini bread baked oatmeal Refried beans Chop veggies for salads, cowboy caviar, tostadas, etc.</p>	<p>Leftovers (like burrito bowls from leftovers with these tips)</p> <p>PB & Honey or Raisins</p> <p>Snacky Lunches: Veggies with hummus, fruit, sliced cheese, nuts, celery and peanut butter, etc.</p>	<p>Fruit Vegetables with dip Nuts Raisins GORP No Bake Energy Bars Quick muffins (try blueberry!)</p>

*This menu is meant for inspirational purposes only - adjust it for your particular health needs.
 If you are dairy-free or gluten-free, many of the links include allergy-friendly variations!