

Jul 25 – 31

Mon 25	Tue 26	Wed 27	Thu 28	Fri 29	Sat 30	Sun 31
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch Apple Sandwich Lettuce Cucumber KS Healthy Granola Bar Recipe Carrots Hummus	Lunch Pita Pizza Orange Slices Cantaloupe Ants on a Log Leftover stir fry	Lunch Homemade Macaroni & Cheese KS Healthy Granola Bar Recipe cherry tomatoes carrots cheese stick Tuna Avocado Cherry Tomatos Lettuce	Lunch toasted pita chips hummus broccoli applesauce cantaloupe	Lunch sandwich KS Healthy Granola Bar Recipe cucumber Carrot applesauce Leftover fried rice	Lunch	Lunch
Supper Chicken Stir Fry	Supper Tacos	Supper Boneless Pork Chops and Veggies Sheet Pan Dinner	Supper Mac & Cheese/Fried Rice	Supper Better Than Take-Out Beef and Broccoli Stir Fry	Supper	Supper
Snacks	Snacks Healthy Applesauce Oat Muffins	Snacks Healthy Applesauce Oat Muffins	Snacks	Snacks Healthy Applesauce Oat Muffins	Snacks	Snacks



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