

July Meal Plan

WEEK OF JULY 10, 2023

Breakfast

M

Easy Egg Bite Muffins with Fruit

T

Banana Berry Smoothie

W

Easy Egg Bite Muffins with Fruit

T

Banana Berry Smoothie

F

Frozen Waffle with Greek Yogurt and Fruit

SNACK LIST

- Sliced cucumbers with olive tapenade
- Baby carrots with hummus or guacamole
- Sliced apple with a slice of cheese
- Sliced pears with nut or seed butter
- Plain or lower-sugar Greek yogurt with berries or grapes

Lunch

Rotisserie Chicken Sandwich

Rotisserie Chicken and Roasted Veggie Bowl

Green Salad with Roasted Chickpeas and Veggies

Roasted Chickpea Veggie Bowl

Leftovers

Dinner

Lemon Tarragon Chicken with Brown Rice and Veggies

Barbecue Chicken Quinoa Salad

Eggplant with Tomato, Broccolini and Mozzarella

Roasted Sweet Potato and Black Bean Burrito

No-Sugar Ginger Beef and Broccoli with Rice