

July Meal Plan

WEEK OF JULY 31, 2023

Breakfast

M

Oatmeal With
Pear and
Almonds

T

Protein-
Boosted
Avocado Toast

W

Oatmeal With
Pear and
Almonds

T

Protein-
Boosted
Avocado Toast

F

Scrambled Eggs
With Black
Beans, Salsa
and Avocado

Lunch

Rotisserie
Chicken
Sandwich

Rotisserie
Chicken Salad

Rotisserie
Chicken
Sandwich

Rotisserie
Chicken Salad

Veggie-Packed
Sandwich

Dinner

Peanut Chicken
Salad With Cold
Brown Rice
Noodles

Sheet-Pan
Flounder With
Black Olives and
Roasted
Tomatoes

Cheeseburger
Salad

Leftovers

Avocado Cream
Pasta With
Arugula and
Roasted Cherry
Tomatoes

SNACK LIST

- Baby carrots and avocado dip. (To make dip: mash chickpeas or white beans into avocado)
- Apple slices sprinkled with cinnamon and tahini
- Blueberries with ricotta cheese
- Red pepper strips with goat cheese
- Unsweetened dried fruit and nuts or roasted chickpeas