

August Meal Plan

WEEK OF AUGUST 7, 2023

Breakfast

M

Banana Protein Pancakes

T

Peanut Butter and Banana Overnight Oats

W

Banana Protein Pancakes

T

Peanut Butter and Banana Overnight Oats

F

Scrambled Eggs and Fruit

Lunch

Corn, Quinoa and Feta Salad

Tuna-Olive Salad Sandwich With Veggies

Corn, Quinoa and Feta Salad

Leftovers or Takeout

Tuna-Olive Salad Sandwich With Veggies

Dinner

Cumin-Roasted Pork Chops and Brussels Sprouts

Protein Smash Burger

Vegan Stir-Fry Noodles

Rotisserie Chicken Sliders With Salad

Rotisserie Chicken Fried Rice

SNACK LIST

- Cubed pineapple with cottage cheese
- Banana, split and sprinkled with cinnamon and hemp seeds
- Red pepper strips with black bean salsa (add black beans to store-bought salsa)
- Cucumbers and roasted edamame
- Grape tomatoes and lentils seasoned with lemon juice or vinegar