

Weekly Meal Planner

Week of: **July 6, 2026**

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Avocado toast & poached eggs	Blueberry almond oatmeal	Greek yogurt parfait with honey	Spinach & feta omelet	Banana peanut butter smoothie	Whole wheat pancakes	Shakshuka with sourdough
Lunch	Quinoa salad with chickpeas	Turkey & pesto tortilla wrap	Lentil soup with crusty bread	Chicken Caesar salad	Caprese panini with tomato	Sweet potato & black bean bowl	Mediterranean grain bowl
Dinner	Baked salmon with asparagus	Garlic herb roasted chicken	Beef & broccoli stir-fry	Lemon herb cod with quinoa	Homemade Margherita pizza	Grilled steak with sweet potato	Vegetarian chili with beans
Snacks	Mixed nuts & apple slices	Hummus with baby carrots	Chia seed pudding with berries	Roasted crispy chickpeas	Dark chocolate & raspberries	Guacamole & pita chips	Celery sticks with peanut butter

Grocery List

Produce

- ☐ Avocado & Spinach
- ☐ Asparagus & Carrots
- ☐ Blueberries & Apples
- ☐ Tomato & Lemon
- ☐ _____

Protein & Dairy

- ☐ Salmon fillets
- ☐ Chicken breast
- ☐ Eggs & Turkey wrap
- ☐ Greek yogurt & Feta
- ☐ _____

Pantry & Grains

- ☐ Quinoa & Rice
- ☐ Rolled oats
- ☐ Chia seeds
- ☐ Basil pesto
- ☐ _____

Notes & Prep

Tip: Pre-chop vegetables on Sunday for quicker dinner prep. Keep snacks packed for work.