

Bruin P.A.W.S. - WEEKLY MEAL PLANNER



WEEKDAY	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	Pumpkin Whole Wheat Pancakes with Real Maple Syrup (make extra & freeze)	Market Salad with Nuts, Dried Fruits, Goat Cheese, Balsamic (prep extra dressing for the week)	Blackened Salmon with Sweet Potatoes & Brussels Sprouts (roast 2x the veggies to use with dinner on Tues.)	Celery Sticks with Nut Butter (prep extra celery and keep in water in the fridge for snacks all week)
MONDAY	Overnight Oats with Assorted Add-ins (make extra for a second breakfast on Weds.)	Greek Style Pasta Salad (make extra to use as a side for Wed. dinner)	Lemon Garlic Chicken Breast with Parmesan Broccoli Sheet-Pan Dinner (make extra chicken for Thurs. lunch & Fri. dinner)	Veggie Sticks with Greek Yogurt Ranch Dip (make extra dip for snacks & Sat. dinner)
TUESDAY	Immune Boosting Green Smoothie + Whole Wheat Toast with Nut Butter	Tuna or Tofu Stuffed Avocado	Whole Grain & Roasted Veggie Buddha Bowl (use leftover roasted veggies from Sun. dinner)	Celery Sticks with Nut Butter
WEDNESDAY	Overnight Oats with Assorted Add-ins	Hummus & Veggie Pita Pocket Sandwich (if making homemade hummus , make extra for snacks & Fri. lunch)	Sausage & Veggie Sheet-Pan Dinner + Greek Style Pasta Salad (leftover from Mon. lunch)	Sliced Cucumbers with Greek Yogurt Ranch Dip
THURSDAY	Egg & Veggie Toast Cups + Fruit Salad	Berry, Chicken, Avocado Salad with Balsamic Dressing (use leftover chicken from Mon. dinner & dressing from Sun. lunch)	Baked Sweet Potato with Quick Chili (make extra chili for Fri. lunch)	Hummus and Veggie Sticks
FRIDAY	Pumpkin Whole Wheat Pancakes with Real Maple Syrup (pull from the freezer and reheat in the toaster or microwave)	Hummus & Veggie Pita Pocket Sandwich	Chicken Enchiladas with Red Sauce (make extra and freeze before baking, keep for next week)	Sliced Watermelon (save some melon for Sat. lunch)
SATURDAY	Breakfast Sandwich with Avocado & Tomato	Watermelon, Feta, Mint Salad	Black Bean Burgers with Chipotle Mayo + Baked Zucchini Fries with Greek Yogurt Ranch Dip (make extra burgers and freeze before cooking, keep for next week)	Hummus and Baked Pita Chips