

MEAL PLANNER

MONTH:

YEAR:

2025

MON	TUES	WED	THURS	FRI
Breakfast Oatmeal Banana Milk	Breakfast Scramble eggs Avocado slices Whole wheat toast Milk	Breakfast Organic cream of wheat Bananas Milk	Breakfast Homemade breakfast burrito Papaya Milk	Breakfast Homemade sourdough French toast Strawberries Milk
a.m. snack Avocado Whole wheat toast	a.m. snack Homemade quesadilla Carrots	a.m. snack Apples Organic plain yogurt	a.m. snack. Animal crackers Peaches	a.m. snack Chicken salad Whole grain bagels
Lunch Lentil soup Kale Brown rice Strawberries Milk	Lunch Chicken casserole Steam cauliflower Plums Milk	Lunch Black bean soup Brown rice Beet salad Milk	Lunch Grill salmon Steam asparagus Tangerines	Lunch Chicken green soup Brown rice Bananas Milk
Dinner Split pea soup Whole Wheat toast Pears Milk	Dinner Chicken Milanese Tomato cucumber salad Grapes Milk	Dinner Turkey patty Kale Apples Milk	Dinner Meat sauce Whole grain spaghetti Plums Milk	