

Day	Breakfast	Lunch	Dinner	Leftovers/Prep Notes
Monday	Oatmeal with banana	Lentil soup + toast	Chickpea curry + rice	Prep extra rice for Tuesday
Tuesday	Scrambled eggs + toast	Tuna sandwich + apple	Veggie stir-fry + noodles	Save stir-fry for Wednesday lunch
Wednesday	Yogurt + granola	Leftover stir-fry	Pasta with veggie sauce	Chop veggies for Thursday
Thursday	Toast + peanut butter	Veggie wrap	Baked potatoes + mixed veggies	Roast extra potatoes for Friday lunch
Friday	Smoothie (banana, spinach)	Potato salad + boiled egg	Chicken and rice	Use leftover chicken in Saturday lunch
Saturday	Pancakes	Chicken wraps	Homemade pizza	Use veggie toppings from Friday dinner
Sunday	Boiled eggs + toast	Leftover pizza or salad	Soup + grilled cheese	Plan next week's grocery list