# MHealthy Nutrition:
## MEAL PLANNER

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STIR FRY</strong></td>
<td><strong>GRAINS/STARCHY</strong></td>
<td><strong>FAJITA</strong></td>
<td><strong>PROTEIN &amp; POTATOES</strong></td>
<td><strong>BREAKFAST FOR DINNER</strong></td>
<td><strong>PIZZA</strong></td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td>• Brown rice</td>
<td>• Whole grain</td>
<td>• Baked potato</td>
<td>• Whole grain</td>
<td>• Whole grain</td>
</tr>
<tr>
<td></td>
<td>• Quinoa</td>
<td>tortillas</td>
<td>• Baked sweet</td>
<td>pancakes/waffles</td>
<td>pizza crust</td>
</tr>
<tr>
<td></td>
<td>• Soba noodles</td>
<td>• Whole wheat lavash</td>
<td>• Mashed potatoes with</td>
<td>French toast</td>
<td>Whole grain flat</td>
</tr>
<tr>
<td></td>
<td>• Wild rice</td>
<td>• Whole wheat pita</td>
<td>skin</td>
<td>w/whole grain bread</td>
<td>bread</td>
</tr>
<tr>
<td><strong>PROTEIN</strong></td>
<td>• Tofu</td>
<td>• Romaine lettuce</td>
<td>• Bagged salad</td>
<td>• Tomato/vegetable</td>
<td>• Mushrooms</td>
</tr>
<tr>
<td></td>
<td>• Chickpeas</td>
<td>• Tomatoes</td>
<td>• Frozen steamed</td>
<td>juice</td>
<td>Olives</td>
</tr>
<tr>
<td></td>
<td>• Chicken breast</td>
<td>• Onions</td>
<td>veggies</td>
<td>Omelet fillings—tomatoes,</td>
<td>Spinach</td>
</tr>
<tr>
<td></td>
<td>• Shrimp</td>
<td>• Peppers</td>
<td>• Roasted acorn</td>
<td>peppers, onions</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td>• Beans</td>
<td>• Spinach</td>
<td>squash, carrots,</td>
<td>Fresh fruit</td>
<td>Peppers</td>
</tr>
<tr>
<td></td>
<td>• Meat alternative</td>
<td>• Pico de gallo</td>
<td>broccoli, zucchini</td>
<td></td>
<td>Eggplant</td>
</tr>
<tr>
<td></td>
<td>• Ground turkey</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Lean beef</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ADD A BENEFICIAL FAT</strong></td>
<td>Avocado • Olive oil • Nuts • Seeds</td>
<td></td>
<td></td>
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</thead>
<tbody>
<tr>
<td><strong>SOUTHWEST SALAD</strong></td>
<td><strong>PASTA</strong></td>
<td><strong>GRAIN BOWL</strong></td>
<td><strong>SHEET PAN</strong></td>
<td><strong>SANDWICHES</strong></td>
<td></td>
</tr>
</tbody>
</table>
| GRAINS/STARCHY VEGETABLES | • Tortilla chips  
• Spanish rice  
• Corn bread | • Whole wheat pasta  
• Soba noodles  
• Spiralized butternut squash | • Bulgur  
• Quinoa  
• Brown rice  
• Whole grain pasta | • Red potatoes  
• Sweet potatoes  
• White potatoes | • Whole grain pita  
• Whole grain bread  
• Whole grain lavash  
• Whole wheat tortilla |
| VEGETABLES | • Bagged salad  
• Onions  
• Tomatoes  
• Salsa/jalapenos  
• Peppers  
• Jicama | • Marinara sauce  
• Zucchini  
• Yellow squash  
• Onions and garlic  
• Frozen veggies  
• Artichokes | • Brussel sprouts  
• Carrots  
• Greens  
• Pea pods  
• Tomatoes  
• Cabbage | • Mushrooms  
• Green beans  
• Asparagus  
• Carrots  
• Broccoli  
• Brussel sprouts | • Lettuce/spinach  
• Sprouts/cucumbers  
• Bok choy leaves  
• Banana peppers  
• Radishes  
• Pickles |
| PROTEIN | • Black beans  
• Light cheese  
• Seasoned ground turkey | • Cannellini beans  
• Meat alternative  
• Chicken sausage  
• Ground turkey | • Salmon  
• Tuna  
• Garbanzo beans  
• Black beans  
• Tofu | • Salmon  
• Shrimp  
• Tofu  
• Pork tenderloin  
• Chicken breast | • Deli meats  
• Hummus  
• Nut butter  
• Chicken, tuna, egg salad |

## ADD FLAVOR TO YOUR MEAL

Fresh garlic • Basil • Oregano • Thyme • Crushed red pepper