# MHealthy Nutrition: MEAL PLANNER

<table>
<thead>
<tr>
<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>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>Brown rice • Quinoa • Soba noodles • Wild rice</td>
<td>Whole grain tortillas • Whole wheat lavash • Whole wheat pitas</td>
<td>Baked potato • Baked sweet potato • Mashed potatoes with skin</td>
<td>Whole grain pancakes/ waffles • French toast w/whole grain bread • Frozen hashbrowns</td>
<td>Whole grain pizza crust • Whole grain flat bread • Whole grain English muffin</td>
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<tr>
<td><strong>GRAINS/STARCHY VEGETABLES</strong> (choose one)</td>
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<tr>
<td>Beets • Mushrooms • Broccoli • Pea pods • Cauliflower • Frozen veggies</td>
<td>Romaine lettuce • Tomatoes • Onions • Peppers • Spinach • Pico de gallo</td>
<td>Bagged salad • Frozen steamed veggies • Roasted acorn squash, carrots, broccoli, zucchini</td>
<td>Tomato/vegetable juice • Omelet fillings—tomatoes, peppers, onions • Fresh fruit</td>
<td>Mushrooms • Olives • Spinach • Broccoli • Peppers • Eggplant</td>
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<tr>
<td><strong>VEGETABLES</strong> (choose several)</td>
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<tr>
<td>Tofu • Chickpeas • Chicken breast • Shrimp</td>
<td>Beans • Meat alternative • Ground turkey • Lean beef</td>
<td>Salmon • Cod • Pork tenderloin • Chicken thighs</td>
<td>Eggs • Turkey sausage/bacon</td>
<td>Black beans • Ham • Mozzarella cheese</td>
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<tr>
<td><strong>PROTEIN</strong> (choose one)</td>
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**ADD A HEALTHY FAT**
Avocado • Olive oil • Nuts • Seeds
# MHEALTHY NUTRITION: MEAL PLANNER

## Monday
- **SOUTHWEST SALAD**
  - Tortilla chips
  - Spanish rice
  - Corn bread

## Tuesday
- **PASTA**
  - Whole wheat pasta
  - Soba noodles
  - Spiralized butternut squash

## Wednesday
- **GRAIN BOWL**
  - Bulgur
  - Quinoa
  - Brown rice
  - Whole grain pasta

## Thursday
- **SHEET PAN**
  - Red potatoes
  - Sweet potatoes

## Friday
- **SANDWICHES**
  - Whole grain pita
  - Whole grain bread
  - Whole grain lavash
  - Whole wheat tortilla

### GRAINS/STARCHY VEGETABLES (choose one)
- 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
- Whole grain pita
- Whole grain bread
- Whole grain lavash
- Whole wheat tortilla

### VEGETABLES (choose several)
- 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 (choose one)
- 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 meat (turkey, ham, chicken)
- Hummus
- Nut butter

### ADD FLAVOR TO YOUR MEAL
- Fresh garlic
- Basil
- Oregano
- Thyme
- Crushed red pepper