

# Meal Planning Chart

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
SNACK							
DINNER							

When using this chart to plan your weekly meals, remember:

- Include the following at all meals for better-for-you options:
  - o Minimum 3 food groups: vegetables, fruits, grains, proteins, and dairy/soy substitutes
  - o Minimum 1 fruit or non-starchy vegetable
  - o Vegetables and/or fruits make up half of the meal
- Half of your grains should be *whole* grains (bread, crackers, rice, pasta, cereals, etc.)
- Eat seafood a minimum of twice per week
- Eat a variety of colors of fruits and vegetables

# Meal Planning Chart

This chart is meant as a guide for a week-long meal plan. You may already know that you like to eat the same few breakfasts and snacks daily, so these do not need to be different every day. Modify this however you like, and check out the corresponding recipes on our dining website.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Brunch: Cheese, Spinach, and Mushroom Omelet, Roasted Potatoes with Olive Oil and Parmesan, Fruit on side	Overnight Oats with Blueberry and Toasted Coconut*	Banana and Peanut Butter on Whole Wheat Toast	Egg and Cheese Sandwich, Cup of Fruit	Yogurt with Slivered Almonds, Granola, Berries	Scrambled Eggs, Leftover Roasted Sweet Potatoes*, Fresh Fruit	Brunch: Grain Bowl with Any Grain, Scrambled Egg, Chopped Walnuts, Sautéed Vegetables (Whatever Remains in Refrigerator)
LUNCH		Salmon Salad* on Whole Grain Bread with Leftover Salad	Leftovers	Tacos with Shredded Leftover Chicken and Brussels, Tomatoes, and Cheese	Pizza Toast: Sliced Bread with Tomatoes, Cheese, and Any Other Toppings	Leftovers	
SNACK	Carrots/Celery with Hummus*	Date, Cranberry, Pecan Bars*	Dark Chocolate Ancho Chili Popcorn*	Trail Mix: Nuts, Dried Fruit	Apple or Banana with Peanut Butter	Roasted Spiced Chickpeas*	Yogurt with Nut Butter
DINNER	Baked Salmon, Tomato and White Bean Salad* with Mixed Greens and Oil-Based Dressing	Brown Rice with Black Beans, Sautéed Kale with Onions and Garlic, Topped with Fried Egg	Paprika Chicken Thighs with Brussels Sprouts*, Roasted Rosemary Potatoes*	Leftovers	Sherry Maple Glazed Haddock*, Roasted Broccoli, Roasted Sweet Potato*	Baked Chicken Breast, Grain, Sautéed Zucchini (and/or Remaining Vegetables in Refrigerator)	Free Night (Leftovers, Take-out, Appetizers for Dinner, etc)

\*Recipe available on the RA @ HMS dining website: <https://racafes.compass-usa.com/HMSDining>