

HEALTHY MEAL PLAN FOR YOUNG SINGLE ADULTS

College Students or Missionaries

CHICKEN & RICE WEEK

BREAKFAST **PROTEINS:** EGGS, **GRAINS:** TOAST OR CEREAL, **FRUIT:** BANANAS OR ORANGES
Options: Scrambled eggs, hard boiled eggs, omelettes, frittata, poached eggs, breakfast burrito, egg sandwiches

LUNCH **PROTEINS:** LUNCH MEAT, **GRAINS:** BREAD OR TORTILLA, **FRUIT:** APPLES OR BERRIES. **VEGGIES:** CARROTS OR CUCUMBERS
Options: Sandwiches, salads, wraps

SNACK **PROTEIN + CARB:** APPLES & PEANUT BUTTER, FRUIT & YOGURT, STRING CHEESE AND CARROTS, CRACKERS AND HUMMUS, PROTEIN SHAKE OR SMOOTHIE.

	MON	TUE	WED	THU	FRI
DINNER	MEXICAN CHICKEN AND RICE: Chicken Salsa Rice Beans Bell peppers	CHEESY CHICKEN AND RICE SKILLET chicken Rice Mushrooms Cream of chicken soup	SOUTHWEST BBQ CHICKEN AND RICE chicken BBQ Sauce Rice with butter Green salad	ASIAN CHICKEN AND RICE chicken soy sauce Rice Broccoli Green onions	ITALIAN CHICKEN AND RICE chicken marinara sauce Rice mozzarella Green salad

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GROUND BEEF WEEK

BREAKFAST **PROTEINS:** EGGS **GRAINS:** OATS OR PANCAKES, **FRUIT:** BERRIES OR MELONS

Options: Scrambled eggs, hard boiled eggs, omelettes, frittata, poached eggs, breakfast burrito

LUNCH **PROTEINS:** NUT BUTTER **GRAINS:** BREAD OR TORTILLA , **FRUIT:** BANANAS OR APPLES **VEGGIES:** SNOW PEAS OR BELL PEPPERS
Options: Sandwiches, salads, wraps

SNACK **PROTEIN + CARB:** PRETZELS AND STRING CHEESE, TRAIL MIX WITH NUTS AND DRIED FRUIT, GRANOLA BARS AND NUT BUTTER, PEACHES AND YOGURT

	MON	TUE	WED	THU	FRI
DINNER	MEXICAN TACOS: Ground beef Salsa tortillas Beans Bell peppers	CHEESY BEEF AND PASTA SKILLET ground beef pasta Mushrooms Cheese Cream of mushroom soup	SOUTHWEST CHILI Ground beef kidney beans canned tomatoes Cheese tortilla chips	ASIAN BEEF AND BROCCOLI ground beef soy sauce Rice Broccoli Green onions	ITALIAN: SPAGHETTI Ground beef marinara sauce spaghetti noodles Green salad