

7-Day Healthy Meal Plan for Parents (Katy, TX)

Day 1

Breakfast:

Scrambled eggs + oatmeal with frozen berries & chia seeds

Coffee with almond milk

Lunch:

Grilled chicken breast + quinoa & roasted baby carrots

Olive oil drizzle

Snack:

Greek yogurt + banana

Dinner:

Ground turkey taco bowls (with brown rice, guac, cherry tomatoes, and Siete tortillas)

Day 2

Breakfast:

Greek yogurt + almond butter + oats + honey drizzle

Lunch:

Tuna salad lettuce wraps + mini cucumbers + hummus

Side of popcorn

Snack:

Apple slices + peanut butter

Dinner:

Baked salmon + sweet potato wedges + steamed broccoli

Day 3

Breakfast:

Oatmeal with flaxseeds + almond butter

Hard-boiled egg on the side

Lunch:

Chicken meatballs + whole wheat tortilla wrap + hummus + carrots

Snack:

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Cottage cheese + frozen berries

Dinner:

Ground beef stir-fry with frozen veggies + brown rice

Day 4

Breakfast:

Scrambled eggs with guacamole + toasted Dave's Killer Bread slice

Lunch:

Leftover turkey stir-fry + quinoa + side salad

Snack:

RX Bar or handful of almonds

Dinner:

Baked chicken thighs + oatmeal baked fritters with spinach and cheese + roasted corn

Day 5

Breakfast:

Greek yogurt + mini chocolate chips + chopped banana

Oatmeal muffin

Lunch:

Salmon wrap with guacamole + baby carrots + grapes

Snack:

Cottage cheese + chopped apple + cinnamon

Dinner:

Turkey meatballs in tomato sauce + brown rice or whole grain pasta + steamed broccoli

Day 6

Breakfast:

Chia seed overnight oats with honey & almond butter

Coffee with cream

Lunch:

Tuna-stuffed avocado + trail mix + cucumbers

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Snack:

Hard-boiled eggs + grapes

Dinner:

Grilled chicken tacos with Siete tortillas + guac, salsa, corn

Day 7

Breakfast:

Protein pancakes with peanut butter + banana + Greek yogurt

Lunch:

Leftover salmon or turkey on salad greens + brown rice side

Snack:

Hummus + mini cucumbers + RX bar

Dinner:

Ground turkey bowls with sweet potatoes, guac, and corn

Optional: dark chocolate square