



The Bell Lifestyle KITCHEN

1 WEEK MEAL PLAN

Use this handy calendar to get you started with your healthy meal plan this week!

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	Berry Smoothie 	Steel Cut Oats Great source of morning energy 	Green Smoothie 	Sugar-Free Yogurt w/ Honey & Berries 	Peanut Butter & Granola Wrap From the Bell Lifestyle Kitchen 	Egg White Omelet 	Gluten Free Pancakes Ingredients: 1 Banana, 2 Eggs, 1/8 tsp Baking Powder Directions: Mash Banana, mix with eggs and baking powder, cook in frying pan! 
LUNCH	Egg Salad Wrap Low-carb lunch! 	Tomato Soup w/ Toast 	Layered Taco Salad From the Bell Lifestyle Kitchen 	Whole Wheat Pasta Salad w/ Tuna 	Veggie Stuffed Pita w/ Hummus 	Burrito Bowl Ingredients: Rice, Chopped Lettuce, Diced Tomato, Sliced Avocado, Corn, Black Beans 	Turkey Sandwich w/ Baked Sweet Potato Fries 
SNACK	Mixed Nuts Almonds, Walnuts, Peanuts, Cashews, Pecans 	Avocado on Toast High in healthy fats 	Celery w/ Peanut Butter 	Granola Bites Low cholesterol snack! 	Fresh Fruit 	Guacamole & Pita Chips From the Bell Lifestyle Kitchen 	Air Popped Popcorn 
DINNER	Baked Salmon From the Bell Lifestyle Kitchen 	Beef Crock Pot Dinner 	Cauliflower Veggie Casserole From the Bell Lifestyle Kitchen 	Stir Fry w/ Fried Rice 	Baked Breaded Chicken From the Bell Lifestyle Kitchen 	Gluten Free Hamburgers 	Easy Beef Tacos From the Bell Lifestyle Kitchen 