

5 DAY

HEALTHY EATING PLAN



	BREAKFAST	LUNCH	DINNER	SNACK
MON	Breakfast Burritos Fill a whole-wheat tortilla with scrambled eggs, cheese and vegetables for a delicious breakfast burrito	Homemade Pizza Top a pita bread or tortilla with tomato sauce, cheese and vegetables for a healthy take on pizza	Baked Macaroni and Cheese A favourite with children! Serve with a side of steamed vegetables	Apple Slices with Peanut Butter Slice up an apple and top it with a tablespoon of peanut butter
TUE	Healthy Smoothie Blend milk, yogurt, some fruit and a few nuts together for a tasty breakfast smoothie	Soup and Salad Make a big pot of soup and pair it with a fresh green salad	Spaghetti and Meatballs Serve up a plate of spaghetti noodles and homemade meatballs	Veggie Sticks with Hummus Serve sliced up vegetable sticks like carrot or celery with a side of hummus
WED	Overnight Oats Soak oats in milk and yogurt overnight, then top with berries and honey in the morning	Veggie Wrap Fill a tortilla with hummus, shredded cheese, lettuce, tomatoes and avocado for a healthy wrap	Grilled Chicken with Broccoli and Rice Serve grilled chicken breast with a side of broccoli, cooked rice and a sprinkle of cheese	Hard-Boiled Eggs Boil a few eggs and season them with a bit of salt and pepper
THU	Egg Muffins Whip up a batch of egg muffins with spinach, cheese and other vegetables for an easy on-the-go breakfast	Whole-grain sandwich Make a sandwich with whole-grain bread, chicken, cheese and vegetables	Fish Tacos Try making some tasty fish tacos with a light, crunchy coleslaw	Banana Boats Slice a banana in half and cover each half with nut butter and mini chocolate chips
FRI	Fruit and Yogurt Parfaits Layer yogurt and fresh fruit in a jar or cup for a quick and healthy breakfast	Hummus Wrap Spread hummus on a wrap, then fill it with vegetables and cheese for a healthy lunch	Pizza Sliders Prepare some mini pizzas with a variety of fun and tasty toppings	Grilled Cheese Grill up some cheese sandwiches on wholemeal bread with a sprinkle of spices or herbs