

# BRAIN-BOOSTING



## WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Oatmeal with walnuts and blueberries	Spinach salad with salmon and avocado	Grilled chicken with quinoa and broccoli	Greek yogurt with mixed berries
TUE	Whole grain toast with avocado	Turkey and hummus wrap with mixed greens	Salmon and walnut pesto pasta	Sliced apple with almond butter
WED	Green smoothie (spinach, banana, flaxseed)	Lentil soup with whole grain roll	Stir-fried tofu with brown rice and veggies	Dark chocolate and walnuts
THU	Scrambled eggs with spinach and feta	Quinoa salad with chickpeas, cucumber, tomato	Baked cod with sweet potato and spinach	Carrot sticks with hummus
FRI	Greek yogurt with chia seeds and strawberries	Tuna salad on whole grain bread	Turkey meatballs with spaghetti squash	Handful of almonds and dried cranberries
SAT	Banana pancakes with a side of mixed berries	Chicken Caesar salad with kale	Curried chickpea and sweet potato bowl	Fresh fruit salad
SUN	Smoothie bowl (avocado, kale, mango, flaxseed)	Veggie and hummus wrap	Beef stir-fry with quinoa and mixed veggies	Dark chocolate-covered almonds

### Shopping List

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