

#LetsCook30

Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Events/ Activities							
Prep							

PUBLIC HEALTH

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york.ca/letscook30



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Example Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Granola with yogurt and fruit	Overnight oats with fruit	Granola with yogurt and fruit	Overnight oats with fruit	Rye toast with boiled eggs	Granola with yogurt	Bagel with cream cheese and fruit
Lunch	Butternut squash soup, toasted bagel, salad	Sweet potato curry with spinach	Mushroom farro soup with antipasto salad over spinach	Antipasto salad sandwich	Sheet pan pasta with cheese (leftovers)	Mushroom farro soup	Leftovers Big salad
Dinner	Sheet pan pizza and veggies	Quick fry steaks with Greek potatoes and green beans	Sheet Pan Pasta with artichoke hearts	Pasta with meatballs and sauce	Shawarma chicken with rice and sautéed bok choy	Leftovers	Sweet potato tacos (might also be chicken)
Events/ Activities		Working late	Gym class @ 7:30		Yoga 7:00		Dinner Date Downtown!!
Prep/Pre-cook	<ul style="list-style-type: none"> • Cut up sweet potatoes • Greek potatoes • Antipasto salad • Tuna salad w/pickled onions and dill • Granola 	n/a	<ul style="list-style-type: none"> • Chicken stock • Sautéed mushroom and onions • SK Everyday meatballs • Shawarma chicken • Pasta sheet pan • Goey oat squares 	Granola biscotti – measure out dry ingredients	n/a		<ul style="list-style-type: none"> Carrot sticks Pickled onions Make biscotti