

EAT HEALTHY. LIVE HEALTHY. BE HEALTHY.

MY HEALTHY MEAL PLANNER

	Breakfast	Lunch	Dinner
Mon	Heavenly Overnight Oats	Oven roasted vegetables with quinoa and date-dijon dressing	Sesame-sweet potato salad with date-dijon-dressing
Tue	Turmeric porridge with fresh fruit and banana	Oven roasted vegetables with quinoa and date-dijon dressing	Moroccan bowl with millet, oven roasted vegetables and date-dijon dressing
Wed	Healthy bircher muesli	Millet tabbouleh with avocado sandwich and hummus	Healthy pad thai with peanut lime sauce
Thu	Berry chia pudding	Salad with all the leftovers and whole-grain bread	Summer roll bowl with leftover noodles from the pad thai and peanut lime sauce
Fri	Quick vanilla porridge with stewed frozen berries	Summer roll bowl with leftover noodles from the pad thai and peanut lime sauce	Baked sweet potato with cashew-chive-chutney
Sat	Blueberry millet pancakes	Avocado sandwich with whole-grain bread and cashew-chives-chutney	Asparagus with avocado hollandaise and boiled potatoes
Sun	Mango-chia pudding	Whole-grain noodle salad with home made herb pesto	Asparagus strawberry salad with mango dressing and leftover potatoes

Shopping List Farmer's market

- bell peppers
- fresh herbs
- tomatoes
- cucumbers
- zucchini
- carrots
- seasonal fruit & berries
- whole-grain bread
- potatoes

supermarket

- bananas
- avocados
- sweet potatoes
- quinoa
- millet
- fresh dates
- chickpeas
- (brown) rice noodles
- peanut butter
- Whole-grain pasta
- oats
- plant-based milk
- frozen berries
- Dijon mustard
- limes
- cashews
- chia seeds
- mangos