

7-DAY

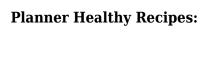
Healthy Meal Plan & Quick Recipes

Looking for quick, easy recipes for when you're short on time and low on energy? Each of these recipes is ready in under 10 minutes to help streamline your week.

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	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	Cheese & tomato on bread	Smashed chickpea & avo sandwich	Cheese, apple 6 nuts	Salmon salad with citantro dressing D Done
DAY 2	Cottage cheese, berries & walnuts	Avo, cucumber & chicken sandwich	Hummus, carrot & walnuts	Pesto, sundried tomato & bean salad G Done
DAY 3	Cheese & tornato on bread	Smashed chickpea & avo sandwich	Cheese, apple & nuts	Salmon salad with citantro dressing
DAY 4	Cottage cheese, berries & walnuts	Avo. cucumber & chicken sandwich	Hummus, carrot & walnuts	Pesto, sundried tomato & bean salad
DAY 5	Cheese & tornato on bread	Smashed chickpea & avo sandwich	Cheese, apple & nuts	Salmon salad with cliantro dressing
DAY 6	Cottage cheese, berries & walnuts	Avo, cucumber & chicken sandwich	Hummus, carrot & walnuts	Pesto, sumdried tomate & bean salad Done
DAY 7	Cheese & tomato on bread	Smashed chickpea & avo sandwich	Cheese, apple & nuts	Salmon salad with citantro dressing

Planner Healthy Recipes

Karin Nielsen-Saines



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