



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.

BREAKFAST

LUNCH

SNACK

DINNER

DAY 1



Cheese & tomato on bread
[Done](#)



Smashed chickpea & avo sandwich
[Done](#)



Cheese, apple & nuts
[Done](#)



Salmon salad with cilantro dressing
[Done](#)

DAY 2



Cottage cheese, berries & walnuts
[Done](#)



Avo, cucumber & chicken sandwich
[Done](#)



Hummus, carrot & walnuts
[Done](#)



Pesto, sundried tomato & bean salad
[Done](#)

DAY 3



Cheese & tomato on bread
[Done](#)



Smashed chickpea & avo sandwich
[Done](#)



Cheese, apple & nuts
[Done](#)



Salmon salad with cilantro dressing
[Done](#)

DAY 4



Cottage cheese, berries & walnuts
[Done](#)



Avo, cucumber & chicken sandwich
[Done](#)



Hummus, carrot & walnuts
[Done](#)



Pesto, sundried tomato & bean salad
[Done](#)

DAY 5



Cheese & tomato on bread
[Done](#)



Smashed chickpea & avo sandwich
[Done](#)



Cheese, apple & nuts
[Done](#)



Salmon salad with cilantro dressing
[Done](#)

DAY 6



Cottage cheese, berries & walnuts
[Done](#)



Avo, cucumber & chicken sandwich
[Done](#)



Hummus, carrot & walnuts
[Done](#)



Pesto, sundried tomato & bean salad
[Done](#)

DAY 7



Cheese & tomato on bread
[Done](#)



Smashed chickpea & avo sandwich
[Done](#)



Cheese, apple & nuts
[Done](#)



Salmon salad with cilantro dressing
[Done](#)

Planner Healthy Recipes

Karin Nielsen-Saines



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