



GREEN & LEAFY

MEAL PLANNER MENU

MON

BREAKFAST

Toast and peanut butter, bread, and a glass of milk

LUNCH

Salad and lemon steamed salmon and fresh juice

DINNER

Stirfry with beef and a glass of water

TUES

Toast and peanut butter, bread, and a glass of milk

Salad and lemon steamed salmon and fresh juice

Stirfry with beef and a glass of water

WED

Toast and peanut butter, bread, and a glass of milk

Salad and lemon steamed salmon and fresh juice

Stirfry with beef and a glass of water

THURS

Toast and peanut butter, bread, and a glass of milk

Salad and lemon steamed salmon and fresh juice

Stirfry with beef and a glass of water

FRI

Toast and peanut butter, bread, and a glass of milk

Salad and lemon steamed salmon and of fresh juice

Stirfry with beef and a glass of water

BUDDHABOWLS.ORG