

Intro to Meal Planning Example

Top 3 Breakfast Recipes

1. Protein Smoothie
 2. Soy yogurt and Berries
 3. Oatmeal Bar
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Top 6 Recipes

1. Vegetables Soup
 2. Vegetables Pasta
 3. Creamy Pesto Pasta
 4. Enchiladas
 5. Portobello burger with fries
 6. Stir fry
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Top 3 Lunch Recipes

1. Veggie Sandwich
 2. Cancun Salad
 3. Bean Burritos
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Top 5 snack Recipes

1. Popcorn
 2. Banana Ice Cream
 3. Edamame
 4. Toast with hummus and avocado
 5. Hardboiled egg and fruit
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