



HANGRYVORE: BUSY WORKER BEE MEAL PLAN

Most weekdays are either a quick prep or grab-and-go breakfast that you prepare the night before, saving the fancy brunches for the weekends. Flexible Lunch days are noted for flexibility in going out to eat or for office party catering. Tip: Enter your breakfast and dinner into your tracker to help pick a lunch choice to meet your nutrition for the day. Schedule maximizes ingredients to keep your shopping list small, if you prefer more variety, swap some days from other weeks.

		WEEK 1	WEEK 2	WEEK 3	WEEK 4
SUNDAY	Breakfast	Cookies and Cream Pancakes	PB & J Banana Pancakes	Insanely Lean Berry Crepes	Banana Bread Oatmeal
	Lunch	Cloud Eggs and Field Day	Shakshouka	Caramelized Avocado Toast	Summer Fluffy Omelette
	Dinner	Greek Turkey Meatbowl	Seared Ahi Tuna Poke Bowl	Garlic Island Shrimp	Pesto Party
MONDAY	Breakfast	Matchia Strawberry Pudding	Egg Wrap Breakfast Burrito	Strawberry Shortcake Oats	Peanut Butter and Jelly Chia Pudding
	Lunch	Greek Turkey Meatbowl	<i>Flexible Lunch Day</i>	<i>Flexible Lunch Day</i>	Pesto Party
	Dinner	Carbonara	Emergency Rigatoni with chicken	Mushroom Spinach Tortelloni with chicken	Thai Curry
TUESDAY	Breakfast	Strawberries & Cream Oatmeal	PB & J without the PB Oats	Yogurt Jam Parfait	Yogurt Jam Parfait
	Lunch	<i>Flexible Lunch Day</i>	Emergency Rigatoni	Creamy Protein Pasta	<i>Flexible Lunch Day</i>
	Dinner	Parmesan Chicken	Japanese Curry	Bacon Alfredo	Ketchup Fried Rice
WED.	Breakfast	PB & J'Acai Bowl	PB & J without the J Oats	Strawberry Shortcake Oats	Greenland Bowl
	Lunch	Parmesan Chicken	Corn bean Salad	Creamy Protein Pasta	Ketchup Fried Rice
	Dinner	Soy Garlic Carbonara	Omurice	Shrimp Fajitas with quinoa	Chicken Kimchi Wrap
THURSDAY	Breakfast	Matchia Strawberry Pudding	Acai Bowl	Egg Wrap Breakfast Burrito	Yogurt Jam Parfait
	Lunch	<i>Flexible Lunch Day</i>	<i>Flexible Lunch Day</i>	Not a salad non-orzo salad	Not a salad non-orzo salad
	Dinner	Taco Bowl	Lemon Braised Beef Kale Pasta with edamame/bean pasta	Palak Paneer with rice/naan	Loco Moco
FRIDAY	Breakfast	Warm PB & J Oatmeal	PB & J without the J Oats	Greenland Bowl	Peanut Butter and Jelly Chia Pudding
	Lunch	Corn bean salad	Lemon Braised Beef Kale Pasta	<i>Flexible Lunch Day</i>	<i>Flexible Lunch Day</i>
	Dinner	Shrimp Fajitas with quinoa	Buttery Garlic Cream Chicken	Chicken Tikka Masala with rice	Beef Stroganoff
SATURDAY	Breakfast	<i>Simple DIY eggs and sausage</i>	Greenland Bowl	Insanely Lean Berry Crepes	Banana Split Pancakes
	Lunch	Mozzarella Tomato Spinach Crepe	Summer Fluffy Omelette	Corn bean salad	Ginger Scallion Chicken Noodle Soup
	Dinner	Hong Kong Style Baked Rice	Beef Stroganoff with chickpea pasta	I'm Diablo	Quarantine Chicken Salad