





# one week meal plan

## Psoriatic Disease

Don't know what to cook? Take out the guess work by using this one week meal plan. Dinners easily transition into tasty lunch leftovers and don't worry, we've even provided snack options to keep you going throughout the day! Feel free to add-in your favorite fruits, vegetables and whole grains as well.



Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast	Caramelized Onion and Butternut Squash Frittata	Oatmeal with Berries and Walnuts	Blueberry Blender Pancakes	Oatmeal with Berries and Walnuts	Scrambled Eggs with Avocado Toast	Blueberry Blender Pancakes	Skillet Sweet Potato Chicken Hash with Eggs
 Lunch	Nut-Butter Sandwich with Veggies and Hummus	Caramelized Onion and Butternut Squash Frittata with Whole Wheat Almond Biscuits	Slow Cooker Lemony Tuscan Bean Soup with Whole Wheat Almond Biscuits	Nut-Butter Sandwich with Veggies and Hummus and Piece of Fruit	Gluten and Dairy-Free Mac and Cheese with Sautéed Brussels Sprouts and Apples	Spicy Black Bean Soup with Whole Grain Tortilla Chips	Spicy Black Bean Soup
 Dinner	Slow Cooker Lemony Tuscan Bean Soup with Strawberry Avocado Spinach Salad and Whole Wheat Almond Biscuits	Italian Chicken Burger with Strawberry Avocado Spinach Salad	Gluten and Dairy-Free Mac and Cheese	Spicy Black Bean Soup with Sautéed Brussels Sprouts and Apples	Thai Red Lentil Curry	Skillet Sweet Potato Chicken Hash with Eggs	Spaghetti Squash with Shrimp Scampi
 Snack	Cherry Limeade Smoothie	Healthy Pumpkin Muffins with Nut or Seed Butter	Hard Boiled Eggs (2) with Whole Grain Crackers	Healthy Pumpkin Muffins with Nut or Seed Butter	Hard Boiled Eggs (2) with Whole Grain Crackers	Veggies and Hummus	Cherry Limeade Smoothie

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Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast	<b>Skillet Sweet Potato Hash with Eggs</b>	<b>Healthy Pumpkin Muffins</b>	<b>Healthy Pumpkin Muffins</b>	<b>Breakfast Quesadilla</b>	<b>Caramelized Onion and Butternut Squash Frittata</b>	<b>Caramelized Onion and Butternut Squash Frittata</b>	<b>Blueberry Blender Pancakes</b>
 Lunch	<b>Strawberry Avocado Spinach Salad with Poppy Seed Dressing</b>	<b>Vegetarian Pappardelle with Mushroom Walnut Ragu</b>	<b>Slow Cooker Lemony Tuscan Bean Soup</b>	<b>Slow Cooker Lemony Tuscan Bean Soup</b>	<b>Balsamic Lentil Caprese Salad + Spicy Black Bean Soup</b>	<b>Balsamic Lentil Caprese Salad + Greek Yogurt</b>	<b>Kale Pesto Pizza</b>
 Dinner	<b>Vegetarian Pappardelle with Mushroom Walnut Ragu</b>	<b>Slow Cooker Lemony Tuscan Bean Soup + Small Green Salad</b>	<b>Thai Red Lentil Curry</b>	<b>Spicy Black Bean Soup + Whole Wheat Almond Biscuits</b>	<b>Spaghetti Squash Shrimp Scampi</b>	<b>Kale Pesto Pizza + Small Green Salad</b>	<b>Italian Chicken Burger with Creamy Peppadew Sauce + Baked Rosemary Sweet Potato Fries</b>
 Snack	<b>Chocolate Coconut Snack Bars</b>	<b>Chocolate Coconut Snack Bars</b>	<b>Apple Slices and Nut or Seed Butter</b>	<b>Healthy Pumpkin Muffin</b>	<b>Cherry Limeade Smoothie</b>	<b>Celery Sticks and Nut or Seed Butter</b>	<b>Orange Slices</b>