

one week meal plan

Lupus

Let us help you get dinner on the table by taking the guess-work out of what to prepare. Cook once and eat twice to help minimize cooking time. Enjoy leftovers for lunch or dinner. Eat well all week with delicious lupus-friendly meals.



Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast	Oat Waffles with Nut Butter	Banana Peach Baked Oatmeal	Scrambled Eggs with Toast	Banana Peach Baked Oatmeal	Cinnamon Apple Parfait	Oat Waffles with Sautéed Apples	Cinnamon Apple Parfait
 Lunch	Roasted Butternut Squash Soup	Zoodle Pad Thai with a piece of fruit	Curry Corn Chowder	One Pot Chicken and Rice Pilaf	Italian Arugula Salad	California Turkey Burgers with carrots and hummus	Italian Arugula Salad
 Dinner	Zoodle Pad Thai	Curry Corn Chowder	One Pot Chicken and Rice Pilaf with Spinach Salad	Asian Sesame Salmon with Spinach Salad	California Turkey Burgers with Sautéed Apples	Breakfast Tostadas with Quick and Easy Salsa	Sweet Potato Black Bean Nachos
 Snack	Black Bean Brownies	Hummus with Vegetables and Crackers	Black Bean Brownies	Piece of Fruit with Nuts or Seeds	Humus with Vegetables and Crackers	Piece of Fruit and Nuts or Seeds	Air-Popped Popcorn

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Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast	Broccoli Cheddar Frittata	Cinnamon Apple Parfait	Banana Bread Oatmeal	Scrambled Eggs + Whole Grain Toast + Cup of Fruit	Banana Bread Oatmeal	Cinnamon Apple Parfait	Saturday Morning Oat Waffles
 Lunch	Italian Arugula Salad with Whole Grain Penne	Italian Arugula Salad with Whole Grain Penne	Chickpea Noodle Soup + Piece of Fruit	Pear and Walnut Grain Salad + Greek Yogurt	Asian Sesame Salmon + Pear and Walnut Grain Salad	Peanut Butter Sandwich on Whole Grain Bread + Carrot Sticks	Homemade Cheese Quesadilla + Quick and Easy Salsa
 Dinner	Roasted Sweet Potato and Black Bean Nachos + Roasted Mexican Cauliflower	Chickpea Noodle Soup	California Turkey Burgers + Zippy Broccoli Salad	Asian Sesame Salmon + Steamed Brown Rice + Zippy Broccoli Salad	One Pot Chicken and Rice Pilaf + Spinach and Pear Salad	Enjoy Dinner Out!	One Pot Chicken and Rice Pilaf
 Snack	Goopy Chocolate Brownies	Serving of Nuts or Seeds	Greek Yogurt	Goopy Chocolate Brownies	Greek Yogurt	Carrots and Garlic-Free Hummus	Goopy Chocolate Brownies