

# one week meal plan

## Asthma

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 asthma-friendly meals.



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Breakfast	Savory Scrambled Eggs with Whole Wheat Toast	Low-Fat Yogurt with ½ Cup Berries	Pumpkin Pancakes	Whole Grain Cereal with Low-Fat Milk and a Banana	Savory Scrambled Eggs with Whole Wheat Toast	Maple Cinnamon Breakfast Bake	Maple Cinnamon Breakfast Bake
 Lunch	Grown-Up Grilled Cheese	Sheet Pan Chicken and Vegetables with a Piece of Fruit	Creamy Tomato-y Spinach Pasta	Apple Farro Salad	Slow Cooker Stuffed Peppers	Creamy Roasted Poblano Corn Chowder	Creamy Roasted Poblano Corn Chowder
 Dinner	Sheet Pan Chicken and Vegetables	Creamy Tomato-y Spinach Pasta	Apple Farro Salad	Slow Cooker Stuffed Peppers	Mediterranean Chicken Salad	Grown-Up Grilled Cheese	Herb Mustard Salmon with Lemony Collard Greens
 Snack	Carrot Sticks with Hummus	String Cheese with Whole Grain Crackers	Cucumber Slices with Hummus	Banana with Peanut Butter	String Cheese with Whole Grain Crackers	Apple Slices with Peanut Butter	Air-Popped Popcorn