



WANNABE *Balanced Mom*



LUNCH MEAL PLAN 2

MONDAY

BBQ Chicken Pizza
on flat bread w/ granola
cups, and half nectarine

TUESDAY

PB&Banana, w/ trail mix,
and Whey Thins

SHOPPING LIST

Nectarine
Grapes
Strawberries
Banana
Lettuce
Cherry Tomatoes
Spinach
Pepperchinis
Mozzarella cheese balls
String Cheese
Parmesan Cheese
Flat Bread
Quinoa Crackers
Whey Thins (Isagenix)
Tortillas
Granola Cups
Nut Bar
Trail Mix
Macadamia Nuts
Salami
Chicken
Ceasar Salad Dressing
Italian Dressing

WEDNESDAY

Chicken Cube Skewers, w/
grapes, strawberries,
string cheese, and quinoa
crackers

THURSDAY

Chicken Ceasar
Wrap

FRIDAY

Pasta Salad w/ nut bar

NOTES



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