

Mt. Calvary Weekly Meal Plan Suggestion

January 5-26, 2026

Week 1-4 (Repeat)

Week 1-4 cont.

Monday:	Breakfast: $\frac{1}{2}$ c. Rolled Oats, 1 C. Unsweet Almond Milk, $\frac{1}{2}$ C. fresh fruit, nuts	Lunch: Baked Potato w/salsa, Vegetable Soup, Fruit, Herbal Tea or Water	Dinner: Sweet Potato, Kale, Quinoa Bowl, Dried Cranberries, Vinaigrette, Herbal tea or Water
Tuesday:	Breakfast: Smoothie: Spinach, Unsweet Almond Milk, Mixed fruit,	Lunch: Corn Chowder, Fruit, Whole Grain Crackers, Fruit, Green Salad	Dinner: Mediterranean Bowl: Chickpeas, Sweet potatoes, bell peppers, red onion, cinnamon, paprika, quinoa, cherry tomatoes, spring greens, dressing
Wednesday:	Breakfast: Overnight Oats: Rolled Oats, Unsweet Almond Milk, cinnamon, mixed fruit (prepared night before and refrigerated)	Lunch: Red Beans and Brown Rice, Green Salad w/Vinaigrette, Whole Grain Flatbread	Dinner: Whole Grain Tortillas: beans, rice, tomatoes, spinach, salsa
Thursday:	Cabbage Stir Fry: Cabbage, carrots, green onions, mushrooms, beyond meat crumbles (cook veggies and add crumble or not)	Breakfast: Berry Overnight Oats: Rolled Oats, Cinnamon, Unsweet Almond Milk, Mixed fruit	Dinner: Portobello Fajitas: cooked portobello mushrooms, red and yellow bell peppers, guacamole, greens
Friday:	Breakfast: whole wheat flakes, raisins, fruit, cinnamon, unsweet Almond Milk	Quinoa stuffed pepper: Black beans, corn, red bell pepper, Quinoa rice, salsa, avocado	