

Mt. Calvary Weekly Meal Plan Suggestion

January 5-26, 2026

Week 1-4 (Repeat)

Week 1-4 cont.

Monday:	Breakfast: ½ c. Rolled Oats, 1 C. Unsweet Almond Milk, ½ C. fresh fruit, nuts	Lunch:	Mediterranean Bowl: Chickpeas, Sweet potatoes, bell peppers, red onion, cinnamon, paprika, quinoa, cherry tomatoes, spring greens, dressing
Lunch:	Baked Potato w/salsa, Vegetable Soup, Fruit, Herbal Tea or Water	Dinner:	Whole Grain Tortillas: beans, rice, tomatoes, spinach, salsa
Dinner:	Sweet Potato, Kale, Quinoa Bowl, Dried Cranberries, Vinaigrette, Herbal Tea or Water	Thursday:	Breakfast: Berry Overnight Oats: Rolled Oats, Cinnamon, Unsweet Almond Milk, Mixed fruit
Tuesday:	Breakfast: Smoothie: Spinach, Unsweet Almond Milk, Mixed fruit,	Lunch:	Cabbage Stir Fry: Cabbage, carrots, green onions, mushrooms, beyond meat crumbles (cook veggies and add crumble or not)
Lunch:	Corn Chowder, Fruit, Whole Grain Crackers, Fruit, Green Salad	Dinner:	Portobello Fajitas: cooked portobello mushrooms, red and yellow bell peppers, guacamole, greens
Dinner:	Red Beans and Brown Rice, Green Salad w/Vinaigrette, Whole Grain Flatbread	Friday:	Breakfast: whole wheat flakes, raisins, fruit, cinnamon, unsweet Almond Milk
Wednesday:	Breakfast: Overnight Oats: Rolled Oats, Unsweet Almond Milk, cinnamon, mixed fruit (prepared night before and refrigerated)	Lunch:	Quinoa stuffed pepper: Black beans, corn, red bell pepper, Quinoa rice, salsa, avocado