

# 2-WEEK

# HEALTHY MEAL PLAN



MON (Day 01)	TUE (Day 02)	WED (Day 03)	THU (Day 04)	FRI (Day 05)	SAT (Day 06)	SUN (Day 07)
-----------------	-----------------	-----------------	-----------------	-----------------	-----------------	-----------------

Instant Pot  
Beef Barbacoa

Greek Chicken  
Kebabs with  
Tzatziki Sauce

Leftovers

Grilled Pork  
Tenderloin +  
Grilled  
Asparagus

Salmon Caesar  
Salad Grain  
Bowls

Leftovers or  
Takeout

**BYOM**  
*(build your own meal)*

MON (Day 08)	TUE (Day 09)	WED (Day 10)	THU (Day 11)	FRI (Day 12)	SAT (Day 13)	SUN (Day 14)
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Grilled Steak  
Kebabs +  
Broccoli  
Cauliflower  
Salad

Sheet Pan  
Chicken  
Shawarma Bowls

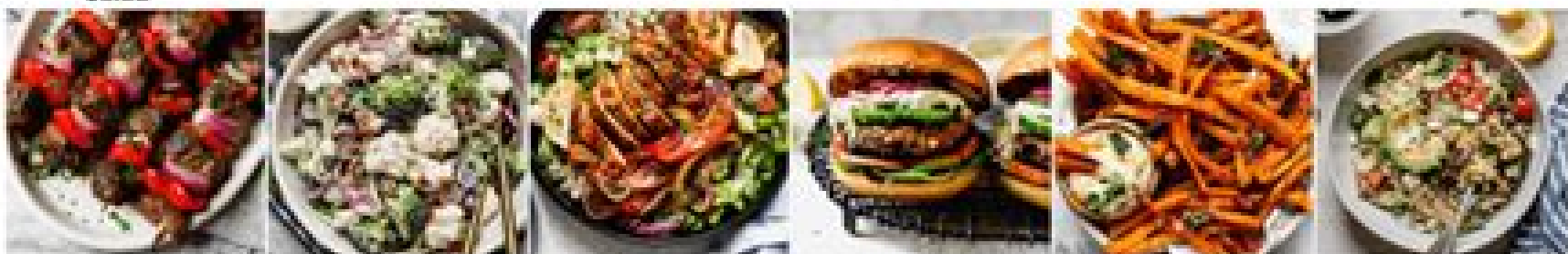
Leftovers

Feta Spinach  
Turkey Burgers +  
Carrot Fries

Greek Quinoa  
Salad Bowls

Leftovers or  
Takeout

**BYOM**  
*(build your own meal)*



Click on the bold text to get to each day's recipe • Be sure to tag @therealfoodrds on social!



# Good Food With Menus Planned

**Daniel F McAuley**



**Good Food With Menus Planned:**

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