

# 7-DAY VACATION MEAL PLAN

## BREAKFAST

## LUNCH

## DINNER

DAY 1

PANCAKES AND BERRIES

CHEESE QUESADILLAS, CARROT STICKS, CHIPS & GUACAMOLE

MARINATED CHICKEN THIGHS, RICE WITH SAUTEED CARROTS, ZUCCHINI & CELERY

DAY 2

BAGEL WITH CREAM CHEESE

CHICKEN SALAD SANDWICHES (LEFTOVER CHICKEN, MAYO, CELERY) & CARROT STICKS

BAKED ZITI PASTA DISH AND GARLIC BREAD

DAY 3

SCRAMBLED EGGS, TOASTS, AND BACON

TURKEY OR HAM SANDWICHES (LETTUCE & TOMATOES) & WATERMELON SLICES

BURGERS (MOZZARELLA, LETTUCE, TOMATOES, BASIL) & POTATO WEDGES

DAY 4

BAGEL WITH CREAM CHEESE

LEFTOVER PASTA

MARINATED SHRIMP, WITH GRILLED ZUCCHINI & BAKED POTATOES

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## DINNER

DAY 5

PANCAKES AND PEACHES

BLT SANDWICHES & CHIPS

STEAKS, CAPRESE SALAD (MOZZARELLA, TOMATOES, BASIL, AND BALSAMIC DRIZZLE), FRESH BREAD & BUTTER

DAY 6

BAGEL WITH CREAM CHEESE

SHRIMP SALAD SANDWICHES (LEFTOVER SHRIMP, MAYO, CELERY) & CARROT STICKS

GROUND BEEF TACO BOWLS (LETTUCE, TOMATOES, ONION, CHEESE, GUACAMOLE)

DAY 7

PANCAKES AND BANANAS

TURKEY OR HAM WRAP (TOMATO, LETTUCE, CHEESE) & SLICED CUCUMBERS

HOTDOGS, POTATO WEDGES & COLE SLAW