

# Quick and Easy Meal Plan Week 2

Meals in less than an hour from start to finish.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Quinoa Breakfast Bowl</a>	<a href="#">Cream of Broccoli Soup</a> with green side salad	<a href="#">Greek Hummus Pizza</a>
<b>Tuesday</b>	<a href="#">Eggs Baked in Portobello Mushrooms</a>	<a href="#">Marinated White Bean Salad</a>	<a href="#">Cashew Tofu Quinoa Bowls</a>
<b>Wednesday</b>	<a href="#">Melon, Mint and Feta Salad</a>	<a href="#">Pea and Spinach Pesto Pasta</a>	<a href="#">Easy Shrimp Fried Rice</a>
<b>Thursday</b>	Sliced Bananas and Peanut Butter on Whole Wheat Toast	<a href="#">Poppy Seed Chicken Fruit Salad</a> <a href="#">Lettuce Wraps</a>	<a href="#">Roasted Veggie Pitas with Avocado Dip</a>
<b>Friday</b>	<a href="#">Oatmeal Breakfast Smoothie</a>	<a href="#">Thai Peanut Quinoa Salad</a>	<a href="#">Thai Pineapple Pizza</a>
<b>Saturday</b>	<a href="#">Honey Ginger Broiled Grapefruit</a>	<a href="#">Black-Eyed Pea Salad</a>	<a href="#">Caribbean Jerk Salmon Bowl with Mango Salsa</a>
<b>Sunday</b>	<a href="#">Peanut Butter, Strawberry, and Banana Quesadillas</a>	<a href="#">Mediterranean Vegetable Spaghetti</a>	<a href="#">Enlightened Miso Power Bowl</a>
<b>Snacks</b>	Frozen Melon Cubes, <a href="#">Apple Sandwiches with Almond Butter and Granola</a> , <a href="#">Cinnamon Apple Energy Bites</a> , <a href="#">Mediterranean Cucumber Roll-ups</a>		
<b>Dessert</b>	<a href="#">Healthiest Chocolate Mousse</a> , <a href="#">Banana Split Bites</a>		