





one week meal plan

Rheumatoid Arthritis





Let us help you get dinner on the table by taking the guess-work out of what to prepare. Cook once and eat twice to help minimize cooking time. Enjoy leftovers for lunch or dinner. Eat well all week with delicious and satisfying recipes.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Breakfast	Fresh Vegetable Frittata	Sweet Cherry Smoothie Bowl	Oatmeal with Berries and Walnuts	Toast with Nut or Seed Butter and Fruit	Blu-Avo-Nana Smoothie	Sweet Cherry Smoothie Bowl	Oatmeal with Berries and Walnuts
 Lunch	Panzanella Salad	Fresh Vegetable Frittata with Panzanella Salad	Fall Harvest Soup	Asian Chicken Lettuce Wraps	Slaw Salad with Cherries and Whole Grain or Gluten-Free Crackers	Super Simple Meatless Bolognese with Mediterranean Cucumber Salad	Lemon, Feta, and Zucchini Pizza
 Dinner	Fall Harvest Soup	Asian Chicken Lettuce Wraps	Mustard Herb Glazed Salmon with Slaw Salad with Cherries	Breakfast Tacos	Super Simple Meatless Bolognese with Mediterranean Cucumber Salad	Lemon, Feta, and Zucchini Pizza	Vegetarian Thai Rice Bowls
 Snack	Very Cherry Walnut Breakfast Bars	Hummus with Vegetables	Very Cherry Walnut Breakfast Bars	Greek Yogurt with Berries	Toast with Nut or Seed Butter	Very Cherry Walnut Breakfast Bars	Greek Yogurt with Berries

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Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast	Morning Glory Muffin + Low-Fat Yogurt	Tropical Oatmeal	Southwest Oat Bowls	Very Cherry Walnut Breakfast Bars	Honey Cinnamon Granola + Low-Fat Yogurt	Blu-Avo-Nana Smoothie	Breakfast Tacos
 Lunch	Mediterranean Cucumber and Tomato Salad	Pasta Bake with Spinach, Artichokes and Tomatoes + Classic Hummus with Carrots and Celery Sticks	Vegetarian Thai Rice Bowls + Classic Hummus with Carrots and Celery Sticks	Fresh Berry and Kale Salad	Fresh Vegetable Frittata + Green Salad	Chicken & Confetti Colored Vegetable Succotash & Peach Crostini	Asian Chicken Lettuce Wraps
 Dinner	Pasta Bake with Spinach, Artichokes and Tomatoes + Green Salad	Vegetarian Thai Rice Bowls + Green Salad	Mustard Herb Glazed Salmon + Braised Kimchee with Grass-Fed Butter	Fresh Vegetable Frittata + Whole Wheat Rolls	Chicken & Confetti Colored Vegetable Succotash + Peach Crostini	Asian Chicken Lettuce Wraps	Lemon, Feta and Zucchini Pizza + Panzanella Salad
 Snack	Classic Hummus with Carrots and Celery Sticks	Morning Glory Muffin	Morning Glory Muffin	String Cheese + Whole Grain Crackers	Very Cherry Walnut Breakfast Bars	Honey Cinnamon Granola + Low-Fat Yogurt	String Cheese + Whole Grain Crackers