





# one week meal plan

## Multiple Sclerosis

Don't know what to cook? Take out the guess work by using this one-week MS meal plan. Dinners easily transition into tasty lunch leftovers and don't worry, we've even provided snack options to keep you going throughout the day! Feel free to add-in your favorite fruits, vegetables, and whole grains as well.





Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Breakfast	Apple Cinnamon Breakfast Bars	Chocolate Coconut Overnight Oats	Chocolate Coconut Overnight Oats	Apple Cinnamon Breakfast Bars	Pear and Quinoa Breakfast Bowl	Pear and Quinoa Breakfast Bowl	Scrambled Eggs with veggies
 Lunch	Crunchy Peanut Quinoa Slaw	Curried Lentil Soup	Blackberry and Apricot Quinoa Salad	Blackberry and Apricot Quinoa Salad	Lemon Chicken Wild Rice Soup	Thai Salmon Stir Fry	Lemon Chicken Wild Rice Soup
 Dinner	Curried Lentil Soup	Pistachio Crusted Salmon	BBQ Chicken	Lemon Chicken Wild Rice Soup	Thai Salmon Stir Fry	Lentil Shashuksha	Mediterranean Lentil Salad
 Snack	Fruit Dip with Apple Slices	Apple Cinnamon Breakfast Bars	Classic Hummus with Veggie Slices	Piece of Fruit with Peanut Butter	Fruit Dip with Berries	Classic Hummus with Veggie Slices	Piece of Fruit with Peanut Butter

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Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast	Apple Cinnamon Breakfast Bars	Creamy Polenta Breakfast Bowls	Power Green Smoothie	Pear and Quinoa Breakfast Parfait	Lentil Shakshuka	Chocolate Coconut Overnight Oats	2 Scrambled Eggs + Whole Grain Toast
 Lunch	Cheesy Bean Quesadilla	Basic Quinoa Recipe <sup>3</sup> + Crunchy Peanut Quinoa Slaw	Summertime Gnocchi with Lemon, Squash, Feta and Herbs	Taste of Sumer Pasta Salad	Taste of Summer Pasta Salad + Curried Lentil Soup	Lemon Chicken Wild Rice Soup + Small Green Salad	Sweet Potato and Black Bean Salad
 Dinner	Creamy Polenta Recipe <sup>1</sup> + Lemon Feta Polenta with Asparagus and Shrimp	Summertime Gnocchi with Lemon, Squash, Feta and Herbs	One Pan Mexican Quinoa	Make Ahead Cooked Lentils Recipe <sup>4</sup> + Curried Lentil Soup	Slow Cooker Chicken + Lemon Chicken Wild Rice Soup	Pistachio Crusted Salmon + Roasted Sheet Pan Veggies	Thai Salmon Stir-Fry + Velvety Dark Chocolate Mousse
 Snack	2 Hard Boiled Eggs	Apple Cinnamon Breakfast Bars	Apple Cinnamon Breakfast Bars	Strawberry Yogurt Popsicles <sup>2</sup>	Strawberry Yogurt Popsicles	Apple Slices + 2 Tbsp Nut/Seed Butter	2 Cups Air-Popped Popcorn

<sup>1</sup> Make a double batch of the Creamy Polenta Recipe; mix half with feta cheese (Lemon Feta Polenta with Asparagus and Shrimp) and half with smoked cheddar (Creamy Polenta Breakfast Bowls).

<sup>2</sup> Make Strawberry Yogurt Popsicles for snacks later in the week.

<sup>3</sup> Use 1 cup of cooked quinoa for the Crunchy Peanut Quinoa Slaw and additional cooked quinoa for the Pear and Quinoa Breakfast Parfaits later in the week. Store in an airtight container in the refrigerator.

<sup>4</sup> Use 2 cups of the Make Ahead Cooked Lentils for the Curried Lentil Soup and 1 ½ Cups for the Lentil Shakshuka.