





one week meal plan

Psoriatic Disease

Don't know what to cook? Take out the guess work by using this one week 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 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|---|---|---|
|  Breakfast | Caramelized Onion and Butternut Squash Frittata | Oatmeal with Berries and Walnuts | Blueberry Blender Pancakes | Oatmeal with Berries and Walnuts | Scrambled Eggs with Avocado Toast | Blueberry Blender Pancakes | Skillet Sweet Potato Chicken Hash with Eggs |
|  Lunch | Nut-Butter Sandwich with Veggies and Hummus | Caramelized Onion and Butternut Squash Frittata with Whole Wheat Almond Biscuits | Slow Cooker Lemony Tuscan Bean Soup with Whole Wheat Almond Biscuits | Nut-Butter Sandwich with Veggies and Hummus and Piece of Fruit | Gluten and Dairy-Free Mac and Cheese with Sautéed Brussels Sprouts and Apples | Spicy Black Bean Soup with Whole Grain Tortilla Chips | Spicy Black Bean Soup |
|  Dinner | Slow Cooker Lemony Tuscan Bean Soup with Strawberry Avocado Spinach Salad and Whole Wheat Almond Biscuits | Italian Chicken Burger with Strawberry Avocado Spinach Salad | Gluten and Dairy-Free Mac and Cheese | Spicy Black Bean Soup with Sautéed Brussels Sprouts and Apples | Thai Red Lentil Curry | Skillet Sweet Potato Chicken Hash with Eggs | Spaghetti Squash with Shrimp Scampi |
|  Snack | Cherry Limeade Smoothie | Healthy Pumpkin Muffins with Nut or Seed Butter | Hard Boiled Eggs (2) with Whole Grain Crackers | Healthy Pumpkin Muffins with Nut or Seed Butter | Hard Boiled Eggs (2) with Whole Grain Crackers | Veggies and Hummus | Cherry Limeade Smoothie |

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| Meal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|--|--|
|  Breakfast | Skillet Sweet Potato Hash with Eggs | Healthy Pumpkin Muffins | Healthy Pumpkin Muffins | Breakfast Quesadilla | Caramelized Onion and Butternut Squash Frittata | Caramelized Onion and Butternut Squash Frittata | Blueberry Blender Pancakes |
|  Lunch | Strawberry Avocado Spinach Salad with Poppy Seed Dressing | Vegetarian Pappardelle with Mushroom Walnut Ragu | Slow Cooker Lemony Tuscan Bean Soup | Slow Cooker Lemony Tuscan Bean Soup | Balsamic Lentil Caprese Salad + Spicy Black Bean Soup | Balsamic Lentil Caprese Salad + Greek Yogurt | Kale Pesto Pizza |
|  Dinner | Vegetarian Pappardelle with Mushroom Walnut Ragu | Slow Cooker Lemony Tuscan Bean Soup + Small Green Salad | Thai Red Lentil Curry | Spicy Black Bean Soup + Whole Wheat Almond Biscuits | Spaghetti Squash Shrimp Scampi | Kale Pesto Pizza + Small Green Salad | Italian Chicken Burger with Creamy Peppadew Sauce + Baked Rosemary Sweet Potato Fries |
|  Snack | Chocolate Coconut Snack Bars | Chocolate Coconut Snack Bars | Apple Slices and Nut or Seed Butter | Healthy Pumpkin Muffin | Cherry Limeade Smoothie | Celery Sticks and Nut or Seed Butter | Orange Slices |