



one week meal plan

Crohn's disease and ulcerative colitis

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 flae-friendly meals.

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast	Banana-Peach Baked Oatmeal	Mini Vegetable Omelets with toast	Cinnamon Apple Bars	Mango Smoothie	Banana-Peach Baked Oatmeal	Cinnamon Apple Bars	Banana Bread Smoothie
 Lunch	Open Faced Italian Grilled Cheese	Slow Cooker Balsamic & Dijon Glazed Pork Tenderloin with Savory Polenta with Rosemary Mushrooms	Butternut Squash Thai Soup	Mini Vegetable Omelets with toast	Pesto Chicken and Noodles	Avocado Egg Salad	Avocado Egg Salad
 Dinner	Slow Cooker Balsamic & Dijon Glazed Pork Tenderloin with Savory Polenta with Rosemary Mushrooms	Butternut Squash Thai Soup	Savory Polenta with Rosemary Mushrooms and Shredded Chicken	Pesto Chicken and Noodles	Shrimp Tacos with Mango Avocado Salsa and Lime Crema	No Fuss Homemade Spaghetti	No Fuss Homemade Spaghetti
 Snack	Melon Mint Salad	Chocolate Covered Banana Bites	Melon Mint Salad	Low-Sodium Tomato Juice with cheese stick	Yogurt with fruit	Rice Cakes with nut butter	Chocolate Covered Banana Bites

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 Breakfast	Breakfast Grilled Cheese	Mango Smoothie	Cinnamon Apple Overnight Oats	Breakfast Toast with Hummus and Tahini Sauce	Cinnamon Apple Overnight Oats	Breakfast Toast with Hummus and Tahini Sauce	Breakfast Grilled Cheese
 Lunch	Pesto Chicken Noodle Soup	Balsamic Herb Mushroom Stroganoff	Tofu Peanut Bowls	Pesto Chicken Noodle Soup	Avocado Egg Salad Sandwich	Avocado Egg Salad Sandwich	Greek Yogurt + Healthy Banana Bread + Peach Slices
 Dinner	Balsamic Herb Mushroom Stroganoff	Tofu Peanut Bowls	Slow Cooker Balsamic & Dijon Glazed Pork Tenderloin + Sweet Potato Casserole	Slow Cooker Balsamic & Dijon Glazed Pork Tenderloin + Sweet Potato Casserole	Pan Seared Cod with Basil Sauce + Haricot Verts with Lemon & Herbs	Friday Night: Eat Out!	Quick and Easy Chicken Pesto Pasta
 Snack	Healthy Banana Bread + Smooth Nut Butter	Melon Mint Salad	Greek Yogurt + Banana	Healthy Banana Bread + Smooth Nut Butter	Melon Mint Salad	Greek Yogurt with Peach Slices	Melon Mint Salad

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Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast	Roasted Banana and Peanut Butter Quesadilla	Cinnamon Apple Overnight Oats	Cinnamon Apple Overnight Oats	Greek Yogurt + Banana with Smooth Peanut Butter	Mango Smoothie	Mango Smoothie	Greek Yogurt + Banana with Smooth Peanut Butter
 Lunch	Avocado Egg Salad	Avocado Egg Salad	No Fuss Homemade Spaghetti	Roasted Asparagus Soup + Tangy Basil Pesto Panini	Tofu Peanut Bowls	Enjoy Lunch on The Go!	Open Faced Italian Grilled Cheese
 Dinner	Pesto Chicken and Noodle Soup	No Fuss Homemade Spaghetti	Pan Seared Cod with Basil Sauce + Roasted Asparagus Soup	Tofu Peanut Bowls + Grilled Pineapple	Slow Cooker Balsamic and Dijon Glazed Pork Tenderloin + Sweet Potato Casserole	Slow Cooker Balsamic and Dijon Glazed Pork Tenderloin + Sweet Potato Casserole	Shrimp Tacos with Mango Avocado Salsa
 Snack	Juicy Peach Smoothie	Melon Mint Salad	Peach Cobbler Parfait	Melon Mint Salad	Banana with Smooth Peanut Butter	Cheese Stick with Plain Crackers	Juicy Peach Smoothie