





# one week meal plan

## HIV

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 HIV-friendly meals.

| Meal   | Sunday   | Monday                  | Tuesday                                   | Wednesday                                 | Thursday  | Friday   | Saturday                    |
|--|--|-------------------------|---|---|---|--|-----------------------------|
| <br>Breakfast | Mediterranean Breakfast Scramble                         | Oatmeal with Fruit      | Greek Yogurt with Granola and Fruit       | Scrambled Eggs with Whole Grain Toast     | Oatmeal with Fruit  | Scrambled Eggs with Whole Grain Toast                          | Fruit Smoothie              |
| <br>Lunch     | Peanut Butter and Jelly Sandwich with Veggies and Hummus | Tasty Tomato Bean Salad | Tasty Tomato Bean Salad                   | Chicken Avocado Corn Salad                | Peanut Butter and Jelly Sandwich with Chips, Veggies and Hummus | Peanut Butter Sandwich on Whole Grain Bread with Carrot Sticks | Quick Penne with Vegetables |
| <br>Dinner   | Minestrone Soup  | Minestrone Soup         | Quick and Tasty Spaghetti with Side Salad | Quick and Tasty Spaghetti with Side Salad | Greek Pork Tenderloin with Brown Rice and Steamed Vegetable     | Greek Pork Tenderloin with Brown Rice and Steamed Vegetable    | Enjoy Take Out              |
| <br>Snack   | Cheese and Crackers                                      | Greek Yogurt            | Veggies and Hummus                        | Greek Yogurt with Fruit                   | Veggies and Hummus  | Cheese and Crackers  | Greek Yogurt with Fruit     |