

healthygirl KITCHEN™

7 DAY

nutritionally balanced

sample cookbook menu



7 Day Sample Cookbook Menu

Hi besties! I wanted to create a sample menu with 7 example days so that you can understand how to create nutritionally balanced meals using cookbook recipes

	Monday	Tuesday	Wednesday
Breakfast	Peanut Butter Cup Smoothie (p. 31)	Elevated Avocado Toast (p. 39)	Girl-On-The-Go Breakfast Burrito (p. 47)
Lunch	Sheet Pan Tomato + Zucchini Soup (p. 88)	Taco Salad (p. 58)	Kale Caesar Salad (p. 50)
Dinner	Beauty Beet + Bean Burgers (p. 223)	Nourish Your Soul Veggie Bowl (p. 141)	Lemon Caper Tofu Filets (p. 160)
Snack	Hot Girl Hummus (p. 131)	Busy Girl Energy Bites (p. 120)	Foolproof Air-Popped Popcorn (p. 123)
Dessert (optional)	Peachy Peach Crisp (p. 233)	Hot Chocolate Cookies (p. 241)	Strawberry Shortcake Bars (p. 230)

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	Thursday	Friday	Saturday	Sunday
Breakfast	Mango- Mama Chia Pudding (p. 32)	Chickpea Frittata Egg Muffins (p. 44)	Superfood Smoothie Bowl (p. 27)	Apple Cinnamon Baked Oatmeal (p. 36)
Lunch	5-minute Miso Soup (p. 99)	California Girl Veggie Sandwich (p. 105)	Glowing Skin Salad (p. 53)	Greek Salad Pita (p. 109)
Dinner	Crispy No-Chicken Tenders (p. 175)	Better-Than-Takeout Sesame Tofu (p. 164)	Cheesy Girl Lasagna (p. 149)	Corn + Sweet Potato Chili (p. 91)
Snack	Rice Cakes 4 Ways (p. 128)	DIY Trail Mix (p. 124)	Yogurt Parfait To-Go (p. 136)	Homemade Pickles (p. 135)
Dessert (optional)	Edible Cookie Dough (p. 242)	Homemade Butterfingers (p. 245)	1-Ingredient Mango Sorbet (p. 229)	Famous Chickpea Brownies (p. 246)