

# WEEKLY LOW GLYCEMIC FOOD PLANNER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Sweet Cherry Steel Cut Oats	Sweet Cherry Steel Cut Oats	Asian Veggie Omelette	Carrot Cake Chia Pudding	Carrot Cake Chia Pudding	Avocado Sweet Potato Toast with Poached Egg	Avocado Sweet Potato Toast with Poached Egg
Snack 1	Celery with Sunflower Seed Butter	Celery with Sunflower Seed Butter	Pistachios	Salt n' Vinegar Hard Boiled Eggs	Celery with Sunflower Seed Butter	Apple with Almond Butter	Celery with Sunflower Seed Butter
Lunch	Marinated Mixed Bean Salad	Marinated Mixed Bean Salad	Roasted Sweet Potato & Brussels Sprouts Salad	Spaghetti Squash Chow Mein	Egg Roll in a Bowl	Slow Cooker Spaghetti Squash & Meatballs	Roasted Winter Vegetables with Tahini Drizzle
Snack 2	Pistachios	Toasted Walnuts	Apple with Almond Butter	Toasted Walnuts	Salt n' Vinegar Hard Boiled Eggs	Toasted Walnuts	Salt n' Vinegar Hard Boiled Eggs
Dinner	One Pan Salmon with Green Beans & Roasted Tomato	Roasted Sweet Potato & Brussels Sprouts Salad	Spaghetti Squash Chow Mein	Egg Roll in a Bowl	Slow Cooker Spaghetti Squash & Meatballs	Roasted Winter Vegetables with Tahini Drizzle	15 Minute Halibut with Dill Pesto