THRYVIVA | DIGITAL WELLNESS EDITION

Thryviva Weekly Meal Planner

Printable Monday-to-Sunday planning sheet with prep notes.

Weekly Meal Overview

Monday | B: Oats & Berries | L: Quinoa Bowl | D: Baked Salmon
Tuesday | B: Chia Pudding | L: Lentil Soup | D: Herb Chicken
Wednesday | B: Green Smoothie | L: Chickpea Wrap | D: Stir-Fry Tofu
Thursday | B: Avocado Toast | L: Grain Salad | D: Turkey Skillet
Friday | B: Yogurt Parfait | L: Roasted Veg Bowl | D: Lemon Cod
Saturday | B: Buckwheat Cakes | L: Market Salad | D: Homemade Soup
Sunday | B: Veggie Frittata | L: Leftover Bowl | D: Roast Chicken

Sunday Prep Checklist

[ ] Wash and chop leafy greens and crisp snacking vegetables
[ ] Cook one batch of quinoa or brown rice for quick lunches
[ ] Whisk one lemon-tahini or olive-herb dressing for the week