

SNACK & DESSERT IDEAS

FRUIT BASED SNACKS

- STRAWBERRIES + CHOCOLATE HAZELNUT DIP
- BANANA SLICES + PEANUT BUTTER SAUCE
- PINEAPPLE MANGO BANANA + COCONUT WATER SMOOTHIE
- CHOCOLATE DIPPED BANANA
- ALMOND BUTTER DATE ENERGY BALLS
- ACAI BOWL
- APPLE SLICES + SALTED CARAMEL DIP
- POACHED PEAR + ICE CREAM
- STRAWBERRY + WHIPPED TOPPING
- FRESH BERRIES + SWEET MASCARPONE CREAM
- PEACH SLICES + COTAGE CHEESE
- ORANGE WHEELS + HONEY RICOTTA DIP
- BERRIES WITH HONEY LIME DRESSING
- BAKED APPLE CHIPS
- SLICED MELON SLICES + SWEET CREAM CHEESE
- STONE FRUIT + BURRATA CHEESE AND HONEY

VEGGIE BASED SNACKS

- CUCUMBER TOMATO + CRUMBLLED FETA
- BABY CARROTS + RANCH DIP
- CAPRESE SKEWERS + BALSAMIC VINEGAR

- BEET HUMMUS + PITA CHIPS
- SEA SALT KALE CHIPS
- AVOCADO + EVERYTHING BAGEL SEASONING
- ROASTED CHICKPEAS
- PARMESEAN ASPARAGUS FRIES
- CRISPY BAKED AVOCADO
- PICKLED CARROT STICKS
- KIMCHI
- VEGGIE LETTUCE WRAPS
- VEGGIES + HUMMUS DIP
- CREAM CHEESE STUFFED SNAP PEAS

DESSERTS

- CHOCOLATE CHIP COOKIES
- S'MORES BARS
- BROWNIES
- LEMON YOGURT CAKE
- COCONUT POUND CAKE
- PEANUT BUTTER COOKIES
- BANANA LOAF
- LEMON POPPYSEED CUPCAKES
- OATMEAL RAISIN BARS
- CHOCOLATE MUG CAKE
- BANANA PUDDING
- APPLE CRUMBLE
- STICKY TOFFEE PUDDING
- VANILLA RICE PUDDING

- MILLE-FEUILLE + BERRIES + SWEET WHIPPED CREAM
- BAKED BANANA + SALTED CARAMEL ICE CREAM
- NO BAKE CHEESECAKE IN A JAR
- TIRAMISU DIP+ LADY FINGERS
- NO-BAKE CHOCOLATE PEANUT BUTTER BARS
- CHEESECAKE BITES
- BERRY CRUMBLE
- BOX CAKE TRUFFLES
- FRUIT PIZZA
- QUICK CINNAMON ROLLS
- RICE CRISPY TREAT

MORE IDEAS



GROCERY LIST

PRODUCE

MEATS/SEAFOOD

PANTRY

DAIRY

FROZEN

OTHERS



MONTHLY MEAL PLAN

MON	TUES	WED	THURS	FRI	SAT	SUN

NOTES

WEEKLY MEAL PLAN

LEGEND: B= BREAKFAST D (1)= BREAKFAST
L= LUNCH D (2)= LUNCH

MONDAY

B	L	D	D
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TUESDAY

B	L	D	D
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WEDNESDAY

B	L	D	D
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THURSDAY

B	L	D	D
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FRIDAY

B	L	D	D
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SATURDAY

B	L	D	D
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SUNDAY

B	L	D	D
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NOTES
