



MILLIONAIRE MEAL PLAN · VOLUME 1

The Real-Life Family Table

A flexible 7-day plan built around family favorites and weeknight breathing room.

How to use this plan: Pick the meals that fit your week, repeat a favorite, and swap days freely. Portions are flexible for your household. No calorie counting and no grocery list—just a helpful rhythm.

THE WEEK AT A GLANCE

DAY	BREAKFAST	LUNCH	DINNER
MON	Veggie omelette + berries	Chickpea-kale chicken wrap	Turkey taco bowls with rice, beans & avocado
TUE	Tropical fruit wellness smoothie + eggs	Chicken Caesar wrap	Chicken tacos with greens and salsa
WED	Eggs, turkey bacon & blueberries	Leftover taco bowl	Lemon salmon, rice & creamed spinach
THU	Avocado toast with egg	Chickpea-kale wrap	Chicken pesto pasta + salad
FRI	Smoked salmon toast with tomato	Fruit + chicken Caesar wrap	Hot honey drumsticks with collards & roasted potatoes
SAT	Veggie omelette	Leftovers or a wrap	Cajun chicken, corn & roasted potatoes
SUN	Tropical smoothie + eggs	Salmon rice bowl	Oven BBQ chicken, greens & sweet potato

Gentle prep rhythm: Wash greens, cook one grain and season one protein ahead when you have time. Keep one easy dinner and one leftovers night open. A meal plan should lighten your load, not become another assignment.

You do not need a perfect week to nourish the people you love.

"She is clothed with strength and dignity." · Proverbs 31:25