



MILLIONAIRE MEAL PLAN · VOLUME 2

Soulful Weeknight Reset

A second 7-day rotation with comforting flavors, simple swaps and flexible family portions.

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 with greens	Turkey taco bowl	Cajun salmon, rice & sautéed greens
TUE	Blueberries, eggs & turkey bacon	Chicken Caesar wrap	Turkey tacos with beans, avocado & salsa
WED	Tropical fruit wellness smoothie	Salmon rice bowl	Oven BBQ chicken with sweet potatoes
THU	Avocado toast + egg	Chickpea-kale chicken wrap	Seasoned cauliflower, greens & rice
FRI	Smoked salmon toast	Leftover chicken pesto pasta salad	Hot honey drumsticks with garlic greens & rice
SAT	Veggie omelette	Chicken Caesar wrap	Crab-stuffed salmon, spinach & rice pilaf
SUN	Eggs, turkey bacon & fruit	Build-your-own bowl with leftovers	Chicken pesto pasta + big salad

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.

A little intention at the table can make room for a lot of joy.

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