

WEEKLY

meal plan

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MONDAY

- [Garlic Parmesan Chicken](#)
- [French Onion Potatoes](#)

TUESDAY

- [Ranch Baked Pork Chops](#)
- [Parmesan Brussels Sprouts](#)

WEDNESDAY

- [Easy Instant Pot Chili](#)

THURSDAY

- [Healthy Chicken Teriyaki](#)

FRIDAY

- [Honey Sriracha Chicken](#)
- [Garlic Roasted Potatoes](#)

SATURDAY

- [Pizza Casserole](#)
- [Chopped Mexican Salad](#)

SUNDAY

- [Haddock Bake](#)
- [Stuffed Sweet Potatoes](#)

BREAKFAST & LUNCH

- [Apple Blueberry Smoothie](#)
- [Sweet Potato Hash with Eggs](#)
- [Avocado Chicken Salad](#)
- [California Roll Bowl](#)

DESSERT & SNACKS

- [Sweet Potato Brownies](#)
- [Sweet Potato Chips](#)

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