

WEEKLY

meal plan

MONDAY

- Pesto Chicken Meatballs
- Avocado Tomato Cucumber Salad

TUESDAY

- Chimichurri Steak
- Chimichurri Roasted Vegetables

WEDNESDAY

- Cuban Pork
- Sour Cream Potato Salad

THURSDAY

- Chicken Broccoli Cauliflower Rice

FRIDAY

- Blackened Fish Tacos
- Refried Kidney Beans

SATURDAY

- Sheet Pan Lemon Chicken & Asparagus

SUNDAY

- Baked Chicken & Potatoes

BREAKFAST & LUNCH

- Yogurt Parfaits
- Veggie Breakfast Casserole
- Avocado Tuna Melt
- Steak Caesar Salad

DESSERT & SNACKS

- Strawberry Rhubarb Crisp
- Summer Salsa