

WEEKLY

meal plan

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MONDAY

- [Pork Stir Fry](#)

TUESDAY

- [Ground Beef And Broccoli](#)

WEDNESDAY

- [Salsa Chicken](#)
- [Guacamole Bites](#)

THURSDAY

- [Stuffed Bell Peppers Without Rice](#)

FRIDAY

- [Buffalo Chicken Flatbreads](#)

SATURDAY

- [Homemade KFC Famous Bowl](#)

SUNDAY

- [Lemon Butter Shrimp Skewers](#)

BREAKFAST & LUNCH

- [Crustless Spinach Quiche](#)
- [Paleo Blueberry Muffins](#)
- [Veggie Spring Rolls](#)
- [Greek Shrimp Salad](#)

DESSERT & SNACKS

- [Healthy Chocolate Chip Cookies](#)
- [Peanut Butter Yogurt Dip](#)

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