

WEEKLY

meal plan

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MONDAY

- Spicy Chicken Ramen
- Veggie Spring Rolls

TUESDAY

- Taco Casserole
- Guacamole

WEDNESDAY

- Instant Pot Chicken Stew

THURSDAY

- Sheet Pan Sausage and Vegetables

FRIDAY

- Greek Flatbreads
- Mediterranean Chickpea Salad

SATURDAY

- Homemade Spaghetti Sauce

SUNDAY

- Creamy Garlic Scallops
- Balsamic Green Beans

BREAKFAST & LUNCH

- Baked Blueberry Oatmeal
- Avocado Egg Toast

- Tuna Poke Bowl
- White Bean Kale Soup

DESSERT & SNACKS

- Mixed Berry Cobbler
- Oatmeal Cream Pies

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