

WEEKLY

meal plan

07

MONDAY

- [Shrimp Dirty Rice](#)

TUESDAY

- [Beef Vegetable Stew](#)

WEDNESDAY

- [Sheet Pan Chicken and Vegetables](#)

THURSDAY

- [Chicken Broccoli Cauliflower Rice](#)

FRIDAY

- [Fiesta Lime Chicken](#)
- [Refried Kidney Beans](#)

SATURDAY

- [Homemade Hamburger Helper](#)

SUNDAY

- [Dutch Oven Pot Roast](#)

BREAKFAST & LUNCH

- [Iced Matcha Latte](#)
- [Breakfast Skillet](#)

- [Asian Chicken Salad](#)
- [Crustless Chicken Quiche](#)

DESSERT & SNACKS

- [Key Lime Pie](#)
- [Oatmeal Raisin Cookies](#)

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