

Meal Plan - Week 1

SUNDAY	Breakfast Breakfast Casserole With Sau...	Lunch Portable salad	Dinner Butterflied Roasted Chicken Wild Mushroom Soup	Snack Piece of fruit
MONDAY	Breakfast Leftover breakfast casserole	Lunch Salad with leftover roast chic...	Dinner Ham And Pineapple Skewers Oven Roasted Tomatoes	Snack Carrot sticks with mustard an...
TUESDAY	Breakfast Scrambled Eggs With Smoke...	Lunch Leftover roast chicken	Dinner Greek-Style Meatballs Roasted cauliflower	Snack Leftover ham & pineapple sk...
WEDNESDAY	Breakfast Ham And Butternut Squash H...	Lunch Leftover Greek-style meatballs	Dinner Chicken Pad Sew Ew	Snack Banana with almond butter
THURSDAY	Breakfast Egg And Vegetable Muffins	Lunch Leftover chicken Pad Sew Ew	Dinner Beef Cubes With Roasted Car...	Snack Handful of nuts or trail mix
FRIDAY	Breakfast Leftover egg & vegetable muf...	Lunch Leftover beef cubes with carr...	Dinner Garlic Roasted Cod Garlic Green Beans	Snack Handful of olives
SATURDAY	Breakfast Onions, mushrooms, spinach...	Lunch Salad with canned salmon, m...	Dinner Maple Balsamic Braised Chuc...	Snack Piece of fruit