

WEEKLY MEAL PLAN

WEEK OF: _____

*Page number of the recipe

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY	French Toast Casserole, Oranges *94	Pesto & Sundried Tomato Sandwich *145	Slow Cooker Black Bean Soup, Sweet Potato Fries *161/139	Fruit Salad *194
MONDAY	Blueberry Banana Baked Oatmeal *77	Corn Chowder, Peach Slices *152	Macaroni and Cheese, Roasted Cauliflower *169/143	Homemade Trail Mix, Banana *104
TUESDAY	French Toast Casserole, Apple Slices *94	Asian Rice Noodle Bowl *185	Slow Cooker Black Bean Soup, Sweet Potato Fries *161/139	Rice Cake with Peanut Butter & Strawberries
WEDNESDAY	Blueberry Banana Baked Oatmeal *77	Salad w/Boiled Eggs & Seasonal Veggies, Ranch Dressing *83/216	Roasted Spaghetti Squash with Marinara *144/166	Hummus, Cucumbers *112
THURSDAY	Green Smoothie, Toast with Peanut Butter *100	Macaroni and Cheese, Pear Slices *169	Barbecue Chicken w/Bacon & Apples, Mashed Potatoes, Broccoli *177/137/134	Maple Popcorn, Carrot Sticks *114
FRIDAY	Chocolate Granola, Melon *80 (variation)	Corn Chowder, Grapes *152	Taco Salad *160	Peach Blueberry Crisp *192
SATURDAY	Yogurt Parfait *97	Salad w/Boiled Eggs & Seasonal Veggies, Ranch Dressing *83/216	Pancakes, Bacon, Berries *89	Hummus, Red Peppers *112