

# WEEKLY MEAL PLAN

WEEK OF: \_\_\_\_\_

\*Page number for the Recipe -

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY	Pancakes with bananas and pure maple syrup *220	Corn Chowder *152	Homemade pizza *225	Chocolate energy bar, melon *105
MONDAY	Oatmeal with banana *74	Vegetarian chili with cornbread *159	Baked pasta casserole, broccoli salad *167	Popcorn, cheese and crackers *113
TUESDAY	Scrambled eggs, sautéed kale, melon *82	Pesto and sundried tomato sandwich on whole grain bread *146	Sloppy Joes over baked potatoes, green salad *178	Apple, hummus and carrot sticks *112
WEDNESDAY	Yogurt with berries and walnuts *95	Corn Chowder *152	Maple Salmon, baked potato, kale chips *179	Chocolate energy bar, orange *105
THURSDAY	Apple Pie Overnight Oats *76	Vegetarian chili with cornbread *159/181	Baked pasta casserole, broccoli salad *167	Carrot muffin, popcorn *119/113
FRIDAY	Fried eggs, whole grain toast, melon *85	Asian rice noodle bowl *185	Sloppy Joes over baked potatoes, green salad *178/136	Apple, hummus and red pepper strips *112
SATURDAY	Granola *78	Butternut Squash Apple Soup *149	Taco Night *160	Cucumbers with ranch dip, almonds *216