

# WEEKLY MEAL PLAN

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

\*Page number for the Recipe -

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY	Waffles with berries and pure maple syrup *91	Asian chicken salad *186	Pasta with marinara sauce, green salad *166	Lemon Blueberry muffin, almonds *118
MONDAY	Fruit Smoothie, toast with peanut butter *98	Mediterranean quinoa salad *187	Lemon Broccoli Pasta *170	Roasted chickpeas, apple *110
TUESDAY	Egg in a Hole, melon *86	Potato Leek Soup, green salad *151	Vegetable Calzones *226	Cranberry bread, popcorn *122
WEDNESDAY	Oatmeal with diced apples and cinnamon # 74	Lemon Broccoli Pasta * 170	Whole Chicken in the Slow Cooker, asparagus, roasted potatoes *174/*135	Granola Bar, mango * 107
THURSDAY	Breakfast Casserole *87	Mediterranean quinoa salad *187	Tuna cornbread casserole *181	Roasted chickpeas, orange *110
FRIDAY	Granola with yogurt and berries * 78	Carrot soup, grilled cheese *148	Chicken quesadillas with corn tortillas, green salad	Banana bread, melon *120
SATURDAY	Breakfast Casserole *87	Potato Leek Soup, coleslaw *151	Lentil Sweet Potato Casserole *163	Granola Bar, carrot sticks *107