



Weekly Meal Plan

	Breakfast	Lunch	Dinner
Monday	Coconut milk fruit smoothies and hard-boiled eggs	Sliced turkey, hard cheddar, kale chips, grapes	Beef kebabs with red bell pepper, onion, and grilled potatoes
	Breakfast	Lunch	Dinner
Tuesday	Egg muffin cups	Leftovers from dinner Kids: Beef, carrot sticks, apples, almond butter	Chicken enchilada stew over cauliflower rice
	Breakfast	Lunch	Dinner
Wednesday	Egg muffin cups	Chicken salad un-wiches, tangerines, celery with almond butter	Taco salad - lettuce, meat, cheese, green onion, avocado, salsa
	Breakfast	Lunch	Dinner
Thursday	Banana muffins	Salad with leftover chicken salad	Crock-pot roast with potatoes, onion, carrots
	Breakfast	Lunch	Dinner
Friday	Garbage omelet	Leftover crock-pot roast	Meatball marinara over zoodles or spaghetti squash
	Breakfast	Lunch	Dinner
Saturday	Sweet potato bacon hash with omelets	Snack on leftovers from the week	Salmon with spinach and Brussels sprouts
	Breakfast	Lunch	Dinner
Sunday	Banana almond butter crepes, bacon	Grilled chicken, roasted potatoes	Leftovers