



Weekly Meal Plan

	Breakfast	Lunch	Dinner
Monday	Banana muffins with almond butter	Leftover chili - adults Meat, cheese, fruit - kids	Meatballs and zucchini noodles ("zoodles")
	Breakfast	Lunch	Dinner
Tuesday	Deviled eggs, fruit and nut bars	Leftover meatballs, fruit, salad	Soft tacos with homemade pico de gallo
	Breakfast	Lunch	Dinner
Wednesday	Sweet potato hash, scrambled eggs	Stuffed bell peppers with chicken salad and grapes	Pot roast with carrots and potatoes
	Breakfast	Lunch	Dinner
Thursday	N-oatmeal, bacon	Leftover pot roast with mixed veggies and grapes	Coconut curried chicken stir fry
	Breakfast	Lunch	Dinner
Friday	Eggs, fruit and nut bars, banana	Lettuce wraps with chicken, cheese, fruit, and almond butter	Chicken fingers with sweet potato spears
	Breakfast	Lunch	Dinner
Saturday	Banana pancakes and bacon	Leftovers/kids choice	Burgers on the grill
	Breakfast	Lunch	Dinner
Sunday	Sweet potato sausage hash, fried egg	Leftovers	Leftovers

Find more recipes and meal plans at www.breakingmuscle.com