



• Our Weekly Meal Plan •

SUN

BREAKFAST

LUNCH

DINNER

Pot pie

MON

BREAKFAST

Pancakes & sausage

LUNCH

mini pizza & fries

DINNER

Shrimp

TUES

BREAKFAST

LUNCH

DINNER

WED

BREAKFAST

LUNCH

lettuce wraps

DINNER

beer-braised pot roast

THURS

BREAKFAST

almond butter sweet potato toast

LUNCH

Nacho Grande

DINNER

chicken and veggie soup & salad

FRI

BREAKFAST

berry blend smoothie

LUNCH

DINNER

SAT

BREAKFAST

LUNCH

DINNER