

Meal Plan for :

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Frittata, avocado, apple	Sheet Pan Breakfast Bake	Leftover: Frittata with avocado	Leftover Sheet pan sausage and brussels	Sweet Potato Noodle Skillet	Leftover Sweet Potato Noodle Skillet	Scramble with eggs, bacon or sausage and veggies. Romesco or Avocado and fruit
Lunch	Burger with lettuce, tomato, and pickle with Roasted Potatoes and Ranch	Bacon, turkey lunch meat, hard boiled egg, cucumbers, carrots, ranch, apple	Lunch meat roll ups with turkey, bacon, tomatoes, mayo and handful of olives or nuts	Tuna salad with mixed greens, tomatoes, olives, olive oil and lemon dressing	Leftover Enchilada Soup with avocado	Buffalo Chicken Salad with celery, carrots, tomatoes, and ranch	Lunch meat roll ups, Turkey, bacon, avocado, tomatoes, ranch or mayo
Dinner	Sheet pan sausage and brussels sprouts	Grilled Chicken with Spinach and Citrus Salad	Slow cooker Chicken Enchilada Soup with avocado	Leftover makeover: Salad with leftover chicken, bacon, hard boiled eggs, cherry tomatoes, ranch	Buffalo Chicken Salad with celery, carrots, tomatoes, and ranch	Cilantro Pesto Grilled Shrimp with veggie	Grilled steak with romesco and steamed or grilled veggies
Prep	bacon, boil eggs, chop veggies, prep soup, ranch, marinate chicken		prep lunch for tomorrow				bacon, romesco
Notes:					Emergency Meals		