

MEAL PLAN

SUN	MON	TUES	WED	THURS	FRI	SAT
	Chicken piccata	Nachos	Spaghetti	Roasted pork and veggies	Stir fry	
	Chili	Crunchy beef or turkey tacos	Salmon and sides	Slow cooker chicken	Pizza night	
	Dinner salad	Curry chicken	3-ingredient dinner	Stuffed baked potatoes	Grilled chicken and veggies	
	Fried rice	Shrimp or fish tacos	Breakfast for dinner	Sheet pan dinner	Burgers	
	Mac and cheese	Fajitas	Sloppy Joe's	Slow cooker pork	Oven fried chicken	
	Stuffed baked chicken	One pot pasta	Chicken divan	Soup and sandwich	Grilled pork chops	