

# meal plan

Week of:

	breakfast	lunch	supper
monday	Mini-bagels w cream cheese, fruit	Sunday leftovers w fresh veggies	Mussels in a White Wine- Cream Sauce
tuesday	Overnight Oatmeal	Mini-bagels, fruit salad, cold cuts	Shrimp scampi on linguini
wednesday	Mini-bagels w cream cheese, fruit	Homemade mac & caulliflower w blueberries & yogurt	Lobster roll, salad, sweet potato fries
thursday	Strawberry Spinach Smoothies	Buddha Bowl	Homemade pizza
friday	Croissant sandwiches	Buddha Bowl	Apple, mushroom & chicken curry w rice & veggies
saturday	Eggs Benedict on Croissants	Leftover chicken curry w veggies	Shrimp, quinoa, and a spinach- based salad
sunday	Vanilla French Toast	sandwiches and soup	Chicken, sweet potato,, veggies



*Study at Home Mama*

snacks for the week

Homemade cookies & cream ice cream,  
strawberries, blueberries, yogurt, crackers