

meal plan

Week of:

| | breakfast | lunch | supper |
|-----------|--------------------------------------|---------------------------------------|--|
| monday | Breakfast Casserole | Smorgasbord | French onion soup & salad |
| tuesday | Breakfast casserole | Pea Soup | Roast chicken, green beans, sweet potatoes |
| wednesday | Strawberry Cheesecake Overnight Oats | Green beans, shredded chicken, salsa | Chicken curry with rice & veg |
| thursday | Blueberry muffins | Chicken & pasta soup w quesadillas | Shrimp scampi |
| friday | Blueberry muffins | Tuna casserole w rice & vegetables | Grilled veg & sausages |
| saturday | Eggs Benedict w Blender Hollandaise | Lunch out (or grab from deli counter) | Fish tacos |
| sunday | Carrot Cake Pancakes | Buddha Bowl Salad | Tomato Chicken Bake |

Study at Home Mama

snacks for the week

Blueberry muffins, strawberries, bananas, yogurt, crudites with spinach dip, banana bread