

# meal plan

Week of:

	breakfast	lunch	supper
monday	Breakfast Casserole	Smorgasbord	Caprese Spaghetti
tuesday	Breakfast Casserole	Protein Pancakes & Fruit Salad	Soup & Salad w Apple Cider Vinaigrette
wednesday	Grilled Avocado with Fresh Mango Salsa	Mini Pizzas & Veggies	Creamy Crockpot Cajun Pork Chops
thursday	Omelet in a Mug	Leftover Cajun Pork Chops	Buddha Bowl
friday	Grilled Avocado with Fresh Mango Salsa	Tortellini, Cottage Cheese, Fruit, Veggies	Prosciutto Parmesan Chicken
saturday	Kale & Egggy Crumpets	Chicken, Rice, Veggies	Green Curry Salmon
sunday	Special Breakfast	Buddha Bowl	Apple Cider Pork Roast

*Study at Home Mama*

## snacks for the week

Kale chips, chocolate chip cookies, fruit, crudites, homemade cheese crackers