

meal plan

Week of:

| | breakfast | lunch | supper |
|-----------|-----------------------------------|---|---|
| monday | <i>Mango Smoothie Bowl</i> | <i>Sunshine Bowl</i> | <i>Lentil Stew</i> |
| tuesday | <i>Avocado Bacon Eggs</i> | <i>Prosciutto and Parmesan Chicken</i> | <i>Apple Cider Pork Roast</i> |
| wednesday | <i>Blueberry Pancakes</i> | <i>Chicken Noodle Soup & Grilled Cheese</i> | <i>Chicken Piccata</i> |
| thursday | <i>Bagel & Scrambled Eggs</i> | <i>Healthy Taco Salad</i> | <i>Crockpot Lentil & Cabbage Soup</i> |
| friday | <i>Loaded Egg Burrito</i> | <i>Chickpea & Quinoa Salad</i> | <i>Maple-Glazed Pecan, Apple & Parmesan Pizza</i> |
| saturday | <i>The Perfect Omelet</i> | <i>Lunch Out</i> | <i>One-Pot Chicken Burrito Bowls</i> |
| sunday | <i>Blueberry Baked Oatmeal</i> | <i>Salad & Soup</i> | <i>Paprika Chicken Skillet Recipe</i> |

Study at Home Mama

snacks for the week

apple, almonds, yogurt w/ granola, cheese & crackers, carrots & hummus