

# meal plan

Week of:

	breakfast	lunch	supper
monday	Mango Smoothie Bowl	BLT Wraps	Sausage & Shrimp Gumbo
tuesday	Bacon & Egg Muffins	Lentil Mac & Cheese	Apple Cider Pork Roast
wednesday	Healthy Graham Crackers	Borcht	Apple, Cider, & Mushroom Curry
thursday	Vanilla Bean French Toast	Avocado, Black Bean, & Corn Salad	Smokey Habanero Grilled Chicken
friday	California Breakfast Casserole	Skinny Mexican Pizza	Buffalo Chicken Dip
saturday	Minion Fruit Skewers & Scrambled Eggs	Lunch Out	Homemade Chicken Tenders & Sweet Potato Fries
sunday	Sticky Cinnamon Roll Batter Oatmeal	Shrimp Scampi	Creamy Thai Sweet Potato Curry

*Study at Home Mama*



snacks for the week

strawberries, bananas, yogurt, crudites with spinach dip