

meal plan

Week of:

	breakfast	lunch	supper
monday	Cheese, Vegetable, and Egg Muffins	Homemade Chicken Soup	Kid-Made Homemade Pizza
tuesday	Blueberry Muffins	Healthy Taco Salad	Slow Cooker Chicken Pot Pie
wednesday	Strawberry Cheesecake Overnight Oats	Honey Lime Quinoa Fruit Salad	Paprika Chicken Skillet
thursday	Green Eggs with Toasted Bagel	Mermaid Lunch	Maple-Glazed Salmon w/ Sweet Potatoes
friday	Croissant Bread Pudding	Winter Spa Salad w/ Lemon Chicken	Healthy Pasta Salad w/ Gluten Free Pasta
saturday	Sunshine Bowl	Lunch Out	Healthy Chicken Piccata
sunday	Mini Frittatas w/ Asparagus and Pancetta	Chickpea Quinoa Salad	Sausage & Shrimp Gumbo

Andy at Home Meals



snacks for the week