

Weekly Meal Plan

	BREAKFAST	LUNCH	DINNER	SNACKS
S	2 eggs, 2 turkey sausage, 1/2 toasted Bagel with SF Jam	4 Mini bell peppers, 2oz. Hillshire farms ultra thin pastrami, 2 boiled eggs, add any raw vegetables you like	Slow Cooker BBQ Chicken Sandwich, Side Salad	Small Batch Strawberry Crumble Cake
M	Blended Blueberry Oatmeal Bowl	Use Chicken from Sunday make a wrap add 1/4 avocado	Hot Dog Chili w/side salad	Strawberry Crumble Cake
T	2 eggs, 2 turkey sausage, 1 apple	Hot Dog Chili with side salad	2 Enchilidas with Monday's Chicken, side salad	3 Peanut Butter Cookies
W	3 Zucchini Waffles with 2 eggs & fruit	Chicken Enchiladas Left overs	Baked Potato w/Hot Dog Chili, side salad	PB Cookies
T	Yogurt Bowl with Granola and berries, 2 Zucchini Waffles	Lazy Lady Chicken Soup	Chicken Enchiladas, Spanish Rice	PB Cookies
F	2 eggs, 2 turkey sausage, 1 apple	2 boiled eggs, baby carrots, raw mushrooms. You can add whatever raw vegetables you like	Order in or go out to dinner	
S	Blended Blueberry Oatmeal Bowl	Pepperoni Waffle Pizza	Chicken Loaf w/corn & side salad	PB Cookies

Most dinners will serve 4-6 which you can use for lunch and dinners all week I've left plenty of wiggle room for snacks, desserts, wine, etc. Brand availability will vary depending on location, you'll have to scan the wrap or sausage, hot dogs, etc..that you use