

WEEKLY MEAL PLAN



Week of April 3rd

BREAKFAST

LUNCH

DINNER

SNACKS

7 Morning Smoothies

Thai Peanut Wraps

BLT Ranch Salad Pizza

Peanut Butter Granola Bars

Blueberry Muffin
Breakfast Cookies

Tempeh Reuben

Mustard Roasted Fish

Blackberry Peach
Cobbler Scones

Sheetpan Pancakes

Shakshuka

Emeril's Baby Bam Burgers

Indian Carrot Pudding

Blue Sky Bran Muffins

Southwestern Salad w/BBQ
Lime Dressing

Buffalo Chicken Lettuce Wraps

Black Bean Brownies

InstantPot Oats

Black-Eyed Pea Salad with Hot
Sauce Vinaigrette

Grown-up Grilled Cheese

AM Pick-Me up Tea