

# Weekly Meal Plan

|           | BREAKFAST                         | LUNCH                                 | SNACKS                          | DINNER  |
|-----------|-----------------------------------|---------------------------------------|---------------------------------|---|
| MONDAY    | 20 Minute Healthy Protein Granola | Quick & Easy Chicken Fajita in a Bowl | Fresh fruit and veggies         | Instant Pot Buffalo Chicken over Potatoes with Broccoli |
| TUESDAY   | 20 Minute Healthy Protein Granola | Quick & Easy Chicken Fajita in a Bowl | Chocolate Chip Granola Bars     | Rosemary Mustard Pork Chops with Rice + Broccoli        |
| WEDNESDAY | Homemade Instant Oatmeal Packets  | Quick & Easy Chicken Fajita in a Bowl | Fresh fruit and veggies         | Dairy Free Tator Tot Hotdish                            |
| THURSDAY  | Homemade Instant Oatmeal Packets  | Slow Cooker Pork Carnitas Tacos       | Chocolate Chip Granola Bars     | 30 Minute Turkey Taco Soup                              |
| FRIDAY    | PBJ Breakfast Cookies             | Slow Cooker Pork Carnitas Tacos       | Fresh fruit and veggies         | Easy Shepherd's Pie Skillet                             |
| SATURDAY  | PBJ Breakfast Cookies             | Slow Cooker Pork Carnitas Tacos       | Chocolate Peanut Butter Popcorn | Gluten Free Pepperoni Pasta Pizza                       |
| SUNDAY    | Leftovers                         | Leftovers                             | Leftovers                       | Leftovers   |