

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Gluten-free Lemon Blueberry Muffins	Lemon-Tuna Sandwich in Lettuce Wrap	Fresh fruit and veggies	Chicken and Rice Soup
TUESDAY	Gluten-free Lemon Blueberry Muffins	Lemon-Tuna Sandwich in Lettuce Wrap	Gluten-free Chocolate Dipped Peanut Butter Cookies	20 Minute Taco Rice Bowl
WEDNESDAY	Baked Blueberry Oatmeal Bars	Chicken Salad in Lettuce Wrap	Fresh fruit and veggies	Instant Pot Curry Chicken and Broccoli + Rice
THURSDAY	Baked Blueberry Oatmeal Bars	Chicken Salad in Lettuce Wraps	Gluten-free Chocolate Dipped Peanut Butter Cookies	Instant Pot Sage and Garlic Whole Chicken + IP Garlic Butter Baby Potatoes
FRIDAY	20 Minute Healthy Protein Granola	Instant Pot White Chicken Chili	Fresh fruit and veggies	15 Minute Sloppy Joe's + baked potatoes
SATURDAY	20 Minute Healthy Protein Granola	Instant Pot White Chicken Chili	Chocolate Chip + Sea Salt Energy Bites	Hamburger Soup
SUNDAY	Leftovers	Leftovers	Leftovers	Leftovers