

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Gluten-free Lemon Blueberry Muffins	Baked Chipotle Turkey Nuggets with Sauce	Fresh fruit and veggies	Gluten-free Pepperoni Pasta Bake with a side salad
TUESDAY	Gluten-free Lemon Blueberry Muffins	Baked Chipotle Turkey Nuggets with Sauce	Almond Joy Granola Bar	Creamy Salsa Instant Pot Chicken with Rice
WEDNESDAY	20 Minute Healthy Protein Granola	Easy Chicken Salad in Lettuce Wraps	Fresh fruit and veggies	Dairy-free Tator Tot Hotdish
THURSDAY	20 Minute Healthy Protein Granola	Easy Chicken Salad in Lettuce Wrap	Almond Joy Granola Bar	Instant Pot Sage and Garlic Whole Chicken with mashed potatoes and broccoli
FRIDAY	Healthy Blueberry Breakfast Crumble	Instant Pot 15 Minute Sloppy Joe's with broccoli and sweet potato	Fresh fruit and veggies	Instant Pot White Chicken Chili
SATURDAY	Healthy Blueberry Breakfast Crumble	Instant Pot 15 Minute Sloppy Joe's with broccoli and sweet potato	Almond Joy Granola Bar	Chipotle Salmon and Sweet Potato Bowls
SUNDAY	Leftovers	Leftovers	Leftovers	Leftovers