

# Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Easy Sweet Potato and Turkey Hash	Paleo Turkey Sliders with Tzatziki Sauce	Fresh fruit and veggies	Instant Pot Sage + Garlic Whole Chicken with Paleo Plantain Buns + broccoli
TUESDAY	Easy Sweet Potato and Turkey Hash	Paleo Turkey Sliders with Tzatziki Sauce	No-bake Turmeric Date Balls	Veggie Packed Meatloaf with baked potatoes + broccoli
WEDNESDAY	Carrot Chocolate Chip Breakfast Bread	Instant Pot White Chicken Chili	Fresh fruit and veggies	Instant Pot Curry Chicken and Broccoli + cauli-rice
THURSDAY	Carrot Chocolate Chip Breakfast Bread	Instant Pot White Chicken Chili	No-bake Turmeric Date Balls	Shrimp and Scallop Sheet Pan Fajitas
FRIDAY	Easy Raspberry Chia Pudding	Naked Chicken Bacon Spaghetti Squash	Fresh fruit and veggies	Easy One-Pan Creamy Peach and Cilantro Chicken + cauli-rice
SATURDAY	Easy Raspberry Chia Pudding	Naked Chicken Bacon Spaghetti Squash	Healthy Paleo Pumpkin Bars	Taco Stuffed Sweet Potatoes
SUNDAY	Leftovers	Leftovers	Leftovers	Leftovers