

# Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Easy Sweet Potato + Turkey Hash	Creamy Butternut Squash and Apple Soup	Fresh fruit and veggies	Slow Cooker Sunday Pot Roast
TUESDAY	Easy Sweet Potato + Turkey Hash	Creamy Butternut Squash and Apple Soup	Chocolate Peanut Butter Crunch Bars	Avocado Lime Beef Bowl with Kale
WEDNESDAY	20 Minute Healthy Protein Granola	Creamy Butternut Squash and Apple Soup	Fresh fruit and veggies	Slow Cooker Creamy Curry Basil Chicken + Rice + Broccoli
THURSDAY	20 Minute Healthy Protein Granola	Healthy Chicken and Kale Grain Bowl	Chocolate Peanut Butter Crunch Bars	Paleo Swedish Meatballs + baked or mashed potatoes
FRIDAY	Quinoa Chocolate Chip Breakfast Cookies	Healthy Chicken and Kale Grain Bowl	Fresh fruit and veggies	30 Minute Apple Chicken Rice Skillet
SATURDAY	Quinoa Chocolate Chip Breakfast Cookies	Healthy Chicken and Kale Grain Bowl	Oatmeal Chocolate Chip Chunk Bars	Easy One-Pan Peach and Cilantro Chicken + Rice
SUNDAY	Leftovers	Leftovers	Leftovers	Leftovers