

MEAL PLANNER

FROM: 01 / 02 / TO: / 01 / 08

	BREAKFAST	LUNCH	DINNER
THU	Scrambled eggs with avocado slices p. 102	BLTA Lettuce Wraps p. 154 with 3 oz sliced ham	Grilled chicken breasts with Twice-Baked Cauli Casserole p. 252 and mixed green salad
FRI	Breakfast Bake p. 110	Leftover (LO) Chicken and Cauliflower Casserole	Stuffed Pork Chops p. 170 with steamed broccoli
SAT	LO Breakfast Bake	<u>Thai Shrimp Salad</u>	Garlic Butter-Basted Rib Eye p. 166 with arugula salad p. 230
SUN	<u>Bacon & Gruyere Egg Bites</u>	<u>Egg Salad</u>	Chicken & Broccoli Alfredo Bowls p. 190
MON	LO Egg Bites	LO Chicken Broccoli Bowls	Chicken Caesar Salad - sub steak p. 188
TUE	Quick & Easy Egg Cups p. 108	LO Caesar Salad	Fajita Kabobs p. 162 with guacamole p. 134 & cilantro cauliflower rice
WED	LO Egg cups	LO Kabobs	Lemon Garlic Pork Tenderloin p. 168 & Creamed Spinach p. 244

GROCERY SHOPPING LIST

● _____	● _____	● _____
● _____	● _____	● _____
● _____	● _____	● _____
● _____	● _____	● _____
● _____	● _____	● _____