

Healthy Meal

7 DAY MEAL PLAN

MON

SAUSAGE PIZZA EGG MUFFINS & HASH BROWNS
CHICKEN BACON SALAD
LAYERED TACO CASSEROLE

TUE

SAUSAGE PIZZA EGG MUFFINS & HASH BROWNS
LAYERED TACO CASSEROLE
EGG ROLL IN A BOWL

WED

SAUSAGE PIZZA EGG MUFFINS & HASH BROWNS
EGG ROLL IN A BOWL
GARLIC ROSEMARY PORK LOIN & POTATOES

THU

BLT QUICHE
GARLIC ROSEMARY PORK LOIN & POTATOES
SHRIMP & BACON ZOODLES

FRI

BLT QUICHE
GARLIC ROSEMARY PORK LOIN & POTATOES
MEXICAN RICE BOWLS

SAT

BLT QUICHE
LOADED CHILI SWEET POTATO FRIES
ASIAN MEATBALLS

SUN

EGGS, SAUSAGE & HASH BROWNS
ASIAN MEATBALLS
SALMON CAKES & FRUIT