

# Meal Plan - DomestiKatedLife

| MEALS  | SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|--|--|--|--|---|--|--|
| <b>BREAKFAST</b>                             | <ul style="list-style-type: none"> <li>English Muffin with Eggs and Cheese</li> </ul>  | <ul style="list-style-type: none"> <li>Breakfast Tacos with Eggs and Black Beans</li> </ul>                  | <ul style="list-style-type: none"> <li>English Muffin with Eggs and Cheese</li> </ul>  | <ul style="list-style-type: none"> <li>Breakfast Tacos with Eggs and Black Beans</li> </ul>  | <ul style="list-style-type: none"> <li>Breakfast Tacos with Eggs and Black Beans</li> </ul>                                   | <ul style="list-style-type: none"> <li>English Muffin with Eggs and Cheese</li> </ul>  | <ul style="list-style-type: none"> <li>English Muffin with Eggs and Cheese</li> </ul>  |
| <b>LUNCH</b>                                 | <ul style="list-style-type: none"> <li><u>Chicken Thigh Bowls</u></li> </ul>   | <ul style="list-style-type: none"> <li><u>Chicken Thigh Bowls</u></li> </ul>                                 | <ul style="list-style-type: none"> <li>Sliced Steak over Garden Salad</li> </ul>   | <ul style="list-style-type: none"> <li><u>Chicken Thigh Bowls</u></li> </ul>   | <ul style="list-style-type: none"> <li>Salad with Leftover Turkey burger and Blue Cheese Crumbles</li> </ul>                  | <ul style="list-style-type: none"> <li><u>Chicken Thigh Bowls</u></li> </ul>   | <ul style="list-style-type: none"> <li>Leftover Pizza and Salad</li> </ul>   |
| <b>DINNER</b>                                | <ul style="list-style-type: none"> <li>Baked Cod with Corn and tomatoes and rice</li> </ul>  | <ul style="list-style-type: none"> <li>Grilled Steak with Roasted Potatoes</li> </ul>                        | <ul style="list-style-type: none"> <li>Leftover Steak Sandwiches with Melted Provolone Cheese, Onions and Mushrooms</li> </ul> | <ul style="list-style-type: none"> <li><u>Buffalo BBQ Turkey Burgers</u></li> <li>Baked Sweet Potatoes</li> </ul>                                | <ul style="list-style-type: none"> <li>Grilled Sausage Peppers, Onions and Couscous</li> </ul>                                | <ul style="list-style-type: none"> <li>Pizza night! Use leftover veggies and sausage as toppings</li> </ul>                                  | <ul style="list-style-type: none"> <li>Going out for dinner!</li> </ul>  |
| DO AHEAD                                     | SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
| <b>TASKS TO DO TO PREP FOR THE DAY AHEAD</b> | <p><b>COOKING PREP DAY</b></p> <ul style="list-style-type: none"> <li>Save leftover Steak for lunch sandwiches</li> <li>Make ahead <u>Chicken Thigh Bowls</u></li> <li>Pre-shred cheese and rinse beans for breakfast tacos and breakfast sandwiches</li> <li>Make baby food for the week, one veggie-based dish and one fruit dish</li> </ul> | <ul style="list-style-type: none"> <li>Grill steak and make extra for tomorrow's lunch and dinner</li> </ul> | <ul style="list-style-type: none"> <li>Save provolone, mushrooms and onions for pizza night on Friday</li> </ul>               | <ul style="list-style-type: none"> <li>Save extra burger for salad</li> <li>Use leftover sweet potatoes in tomorrow's breakfast tacos</li> </ul> | <ul style="list-style-type: none"> <li>Save any leftover veggies and sausage for pizza toppings for tomorrow night</li> </ul> | <ul style="list-style-type: none"> <li>Make meal plan for week ahead</li> <li><b>PLACE ORDER FROM PEAPOD FOR GROCERY DELIVERY</b></li> </ul> | <ul style="list-style-type: none"> <li><b>PEAPOD DELIVERY</b></li> <li>Put away groceries and clean out fridge for meal prep tomorrow</li> </ul> |