

# Meal Plan - Domesticate Me

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• <a href="#">Chicken Sausage Breakfast Tacos with Pico de Gallo</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Morning Glory Bread</a></li> <li>• Mixed Berries with Raw Honey</li> </ul>	<ul style="list-style-type: none"> <li>• Berry-Green Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Muffins</li> <li>• Scrambled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Yogurt</li> <li>• Fruit</li> <li>• Homemade Granola Parfait</li> </ul>	<ul style="list-style-type: none"> <li>• Berry-Green Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Oatmeal Pancakes</li> <li>• Thick Cut Bacon</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• California Veggie Cobb Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Loaded Veggie Sandwich with Sun-Dried Tomato Hummus</li> </ul>	<ul style="list-style-type: none"> <li>• Leftover <a href="#">Quinoa Tabbouleh with White Beans</a></li> <li>• Sliced Avocado</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado Chicken Salad Lettuce Wraps with leftover Spicy Sweet Corn and Tomato Salsa</li> </ul>	<ul style="list-style-type: none"> <li>• Power Bowl with Mixed Greens, Quinoa, Fresh Vegetables, and Sun-Dried Tomato Hummus</li> </ul>	<ul style="list-style-type: none"> <li>• Leftover <a href="#">Grilled Curried Chicken Paillard with Mango and Cherry Tomato Relish</a></li> </ul>	<ul style="list-style-type: none"> <li>• Buffalo Cauliflower Salad (using leftover roasted Cauliflower)</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• Cheeseburger Quinoa Bake</li> <li>• Mixed Green Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Broiled Salmon</li> <li>• <a href="#">Quinoa Tabbouleh with White Beans</a></li> </ul>	<ul style="list-style-type: none"> <li>• Marinated Flank Steak Tacos with Spicy Sweet Corn and Tomato Salsa</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Turkey Un-Fried Rice</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Grilled Curried Chicken Paillard with Mango and Cherry Tomato Relish</a></li> </ul>	<ul style="list-style-type: none"> <li>• Brown Rice Penne with Roasted Cauliflower, Spinach Pesto and Goat Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Southwestern Turkey Burgers with Smoky Sweet Potato Fries</li> <li>• Romaine Hearts with Yogurt Ranch</li> </ul>