

Meal Plan - Honey & Birch

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> • Avocado Toast 	<ul style="list-style-type: none"> • Scrambled Eggs, Turkey Bacon 	<ul style="list-style-type: none"> • Banana Green Smoothies with Almond Milk 	<ul style="list-style-type: none"> • Homemade <u>Honey Nut Granola</u> & Almond Milk & Diced Bananas 	<ul style="list-style-type: none"> • Mixed Berry Green Smoothie with Almond Milk 	<ul style="list-style-type: none"> • <u>Baked Vanilla French Toast</u> 	<ul style="list-style-type: none"> • <u>Honey Nut Granola</u> & Berry Parfaits
LUNCH	<ul style="list-style-type: none"> • Turkey & Swiss Sandwiches • Small Salad 	<ul style="list-style-type: none"> • Leftover <u>Bean Burrito Casserole</u> 	<ul style="list-style-type: none"> • Open Faced Meatball Sandwiches 	<ul style="list-style-type: none"> • Leftover <u>Creamy Chicken Taco Soup</u> 	<ul style="list-style-type: none"> • Chicken Taco Wraps or Burritos 	<ul style="list-style-type: none"> • Southwest Chicken Salad with Stuffed Avocado 	<ul style="list-style-type: none"> • Cheese English Muffin Pizzas
DINNER	<ul style="list-style-type: none"> • <u>Bean Burrito Casserole</u> • Mixed Greens Salad 	<ul style="list-style-type: none"> • <u>Baked Meatballs & Spaghetti</u> • Mixed Greens Salad 	<ul style="list-style-type: none"> • <u>Creamy Chicken Taco Soup</u> 	<ul style="list-style-type: none"> • Loaded Chicken Nachos 	<ul style="list-style-type: none"> • Turkey Burgers with Homestyle Redskin Potato Salad 	<ul style="list-style-type: none"> • Chopped Turkey Burger Caesar Salad 	<ul style="list-style-type: none"> • <u>Chicken & Bacon Alfredo Stuffed Shells</u> • Mixed Greens Salad
DO AHEAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TASKS TO DO TO PREP FOR THE DAY AHEAD	<ul style="list-style-type: none"> • Prepare meatballs for Tuesday • Save leftover casserole for Tuesday's lunch 	<ul style="list-style-type: none"> • Save 1/4 meatballs for Wednesday's lunch 	<ul style="list-style-type: none"> • Bake granola • Save extra soup for tomorrow's lunch 	<ul style="list-style-type: none"> • Save extra slow cooker chicken for Friday's lunch • Store extra granola in mason jar 	<ul style="list-style-type: none"> • Make 4 extra burgers and save them for Saturday's dinner • Prep French toast and put in the refrigerator 	<ul style="list-style-type: none"> • Cook chicken and bacon for Sunday's dinner 	<ul style="list-style-type: none"> • Save leftovers for tomorrow's lunch