

WEEKLY MEAL PLAN

	Breakfast	Lunch	Dinner	Snack
Monday	Waffles	Teriyaki Chicken	Baked Potatoes	Edamame
Tuesday	Avocado Toast	Pasta (Marinara, Bolognese, Al Olio)	Chillie Con (Sin) Carne	Veggies & Dip (Ranch, Hummus or Tahini)
Wednesday	Chocolate Chia Pudding	Quesadillas	Chicken Wings	Fruit Skewers
Thursday	Tahini Pancakes	Chicken Tenders	Fried Rice	Tahini Cookies
Friday	Overnight Oats	Teriyaki Salmon	Chili Noodles	Smoothie
Saturday	Shakshuka	Tacos	Homemade Pizza	Cupcakes
Sunday	French Toast	Sliders	Homemade Sushi	Shishito Peppers