

Weekly Meal Plan



	BREAKFAST	LUNCH	DINNER
MON	CHIA SEED PUDDING W/ VERY BERRY SAUCE	BLACKENED CHICKEN SALAD JAR W/ BUTTERNUT SQUASH SOUP	BLACK BEAN SWEET POTATO CHILI BAKED POTATO
TUE	CANADIAN BACON CASSEROLE W/ FRUIT	BLACK BEAN SWEET POTATO CHILI W/ TORTILLA CHIPS	SHRIMP & GREEN BEAN STIR FRY W/ RICE
WED	CHIA SEED PUDDING W/ VERY BERRY SAUCE	BLACKENED CHICKEN SALAD JAR W/ BUTTERNUT SQUASH SOUP	BUTTERNUT SQUASH SOUP W/ GRILLED CHEESE
THU	CANADIAN BACON CASSEROLE W/ FRUIT	BLACK BEAN SWEET POTATO CHILI W/ TORTILLA CHIPS	SHRIMP FRIED RICE
FRI	CANADIAN BACON CASSEROLE W/ FRUIT	PICKY PLATE W/ CHICKEN, VEG, FRUIT & PITA	EAT OUT!