

Weekly Meal Plan



	BREAKFAST	LUNCH	DINNER
MON	VEGAN PROTEIN PANCAKES	CHOPPED BROCCOLI SALAD	INSTANT POT FRENCH DIP SAMMIES
TUE	ZUCCHINI BREAD & FRUIT	HOMEMADE SPAGHETTIOS	ROASTED BROCCOLI CHEDDAR SOUP
WED	VEGAN PROTEIN PANCAKES	CHOPPED BROCCOLI SALAD	GREEK TURKEY MEATBALL PITA
THU	ZUCCHINI BREAD & FRUIT	HOMEMADE SPAGHETTIOS	CHICKEN LETTUCE WRAPS
FRI	VEGAN PROTEIN PANCAKES	ROASTED BROCCOLI CHEDDAR SOUP	EAT OUT!

VEGAN PROTEIN PANCAKES



ZUCCHINI BREAD



FRENCH DIP



ROASTED BROCCOLI CHEDDAR SOUP



CHICKEN LETTUCE WRAPS



GREEK TURKEY MEATBALLS



HOMEMADE SPAGHETTIOS



CHOPPED BROCCOLI SALAD



For full recipes & nutritional info, [CLICK HERE!](#)

