

{Weekly Meal Plan}

	Breakfast	Lunch	Dinner
Sunday	Egg Scramble	Out	Buffalo Chicken Burg.
Monday	Oatmeal	Steak Salad	Mex. Chicken Casserole
Tuesday	Egg Sandwich	Quinoa Chicken Salad	Crock Pot Lasagna
Wednesday	Protein Pancakes	Mediterranean Quinoa	Mozz. & Shroom Pizza
Thursday	Oatmeal	Turkey Sandwich	Salmon Burgers
Friday	Egg Scramble	Salad	Apple Pork Loin
Saturday	French Toast	?	Skirt Steak

All Out of:
