

HEALTHY MEAL PLAN

FOR THE WHOLE FAMILY

BREAKFAST

MON	TUE	WED	THU	FRI	SAT	SUN
Coconut Strawberry Smoothie	Breakfast Casserole	Coffee Protein Smoothie	Overnight Oats	Walnut + Oat Pancakes	Strawberry Peach Kefir Smoothie	Paleo Breakfast Cookies

LUNCH

MON	TUE	WED	THU	FRI	SAT	SUN
Rotisserie Chicken Salad	Chicken Chili Verde	Honey BBQ Wings	Paleo Tuna Salad	Buffalo Chicken Sweet Potatoes	Greek Pasta Salad	Charcuterie Board

DINNER

MON	TUE	WED	THU	FRI	SAT	SUN
Keto Beanless Chili	Sweet Potato Nachos	Clean Eating Black Bean Soup	Crockpot Chicken Tacos	Eat out + support a local business!	Slow Cooker Jalapeno Popper Chicken	Breakfast For Dinner Bowls