Plan to be Purposeful

Meal Plan

MONDAY

#1 Sweet Potato Apple Breakfast Bake
#2 Salad with salmon and veggies
#3 Mongolian Beef with Coconut Lime Cauliflower Rice

TUESDAY

#1 Breakfast Casserole
#2 Sweet Potato-Coconut Soup with proscuitto or bacon
#3 Roasted Salmon with brussel sprouts & carrots

WEDNESDAY

#1 Sweet Potato Apple Breakfast Bake
#2 Salad with tuna and veggies
#3 Chicken Noodle Soup (sub zucchini noodles for mom/dad)

THURSDAY

#1 Breakfast Casserole
#2 Sweet Potato-Coconut Soup with proscuitto or bacon
#3 Costco Pulled Pork with guacamole and plantains

FRIDAY

#1 Plantain Apple Hash
#2 Avocado Tuna Salad on cabbage leaves
#3 Beef and Broccoli with Coconut Lime Cauliflower Rice

SATURDAY/SUNDAY

#1 Breakfast Bowl
#2 Salmon Cakes
#3 Thai Turkey Burgers

#1 Salmon Cakes with fried egg
#2 Cobb Salad
#3 Buffalo Chicken Sw. Potato