Plan to be Purposeful

Meal Plan

MONDAY

#1 Breakfast Casserole
#2 Roasted Garlic Chicken Salad
#3 Instant Pot Mexican Beef with plantain patties

TUESDAY

#1 Breakfast Casserole
#2 Thai Coconut Curry Butternut Squash Soup
#3 Chicken Pesto Paleo Spaghetti Squash

WEDNESDAY

#1 Sweet Potato, Apple and Pancetta Hash
#2 Roasted Garlic Chicken Salad
#3 Egg Roll in a Bowl

THURSDAY

#1 Breakfast Casserole
#2 Thai Coconut Curry Butternut Squash Soup
#3 Whole30 Taco Salad

FRIDAY

#1 Sweet Potato, Apple and Pancetta Hash
#2 Roasted Garlic Chicken Salad
#3 Buffalo Chicken Casserole

SATURDAY/SUNDAY

#1 Breakfast Bowl
#2 Sausage w/ veggies
#3 Chocolate Chili w/ plantains

#1 Loaded Sweet Potato Fries
#2 Sausage w/ veggies
#3 Stir Fry Sesame Chicken