

7-Day Meal Plan — Week of August 24

Monday

Breakfast: Homemade Cinnamon Rolls
Lunch: Black Bean Corn Salad
Dinner: Crockpot Chicken Pot Pie with Biscuits

Tuesday

Breakfast: Raspberry Chocolate Chip Banana Bread
Lunch: Loaded Nacho Fries
Dinner: Crispy Chicken Croquettes

Wednesday

Breakfast: Crumbl Iced Oatmeal Cookies
Lunch: Loaded Nacho Fries (same)
Dinner: Baked Cheesy Meatball Casserole

Thursday

Breakfast: Vidalia Onion Mushroom Quiche
Lunch: Sweet Potato Protein Pasta Salad
Dinner: Crockpot Chicken, Broccoli & Rice

Friday

Breakfast: Vidalia Onion Mushroom Quiche (same)
Lunch: Zesty Chicken Nacho Corn Chip Bake
Dinner: Asian Loaded Chicken Lettuce Cups

Saturday

Breakfast: Homemade Cinnamon Rolls (same)
Lunch: Zesty Chicken Nacho Corn Chip Bake (same)
Dinner: Healthy Crunchwrap Supreme Bake

Sunday

Breakfast: Homemade Cinnamon Rolls (same)
Lunch: Fluffy Ground Turkey Souffle Squares
Dinner: Chinese Ginger Chicken with Broccoli