

Dinner Meal Plan



Week 1		Week 2	
Mon	→ Chicken tenders Spinach Salad	Grilled Chicken Roasted Potatoes	
Tues	→ Taco Soup	Coconut Halibut Sweet Potatoes & Zucchini	
Wed	→ Teriyaki Salmon, Vegetables & Rice	Hamburger Rice Casserole	
Thurs	→ Quinoa Bowl	Stuffed Bell Peppers	
Fri	→ Chicken Fajitas	Cheesy Chicken Taquitos Caesar Salad	
Sat	→ Mongolian Beef and Rice	White Bean Chili	
Sun	→ Coconut Tofu Curry	Parmesan Tilapia Rice & Veggie Salad	