

## PL Meal Plan - Week 2

<b>SUNDAY</b>	<b>Breakfast</b> Apple And Onion Scrambled...	<b>Lunch</b> Leftover maple braised chuck...	<b>Dinner</b> Simple Sausage Casserole	<b>Snack</b> Carrot sticks with mustard an...
<b>MONDAY</b>	<b>Breakfast</b> Leftover sausage casserole	<b>Lunch</b> Portable Salad	<b>Dinner</b> Beef and Winter Vegetable S... Oven-roasted eggplant	<b>Snack</b> Frozen berries with drizzle of...
<b>TUESDAY</b>	<b>Breakfast</b> Breakfast Stuffed Peppers	<b>Lunch</b> Leftover beef and winter veg...	<b>Dinner</b> Grilled Chicken Breasts With...	<b>Snack</b> Beef jerky
<b>WEDNESDAY</b>	<b>Breakfast</b> Leftover breakfast stuffed pe...	<b>Lunch</b> Leftover grilled chicken Salad greens with vinaigrette	<b>Dinner</b> Spicy Pork ChiliÂ Recipe Pan-fried Brussels sprouts	<b>Snack</b> Piece of fruit
<b>THURSDAY</b>	<b>Breakfast</b> Cabbage and onions fried up...	<b>Lunch</b> Leftover pork chili Baked sweet potatoes	<b>Dinner</b> Pistachio-Crusted Salmon Roasted beets & sweet potat...	<b>Snack</b> Hard-boiled egg
<b>FRIDAY</b>	<b>Breakfast</b> Leftover pistachio-cruste sal... Spinach	<b>Lunch</b> Hard-boiled eggs Leftover roasted vegetables	<b>Dinner</b> Spicy Indian Chicken Stir-Fry Riced cauliflower	<b>Snack</b> Handful of nuts or trail mix
<b>SATURDAY</b>	<b>Breakfast</b> Cherry Tomato And Basil Qui... Fried onions	<b>Lunch</b> Leftover chicken stir-fry and c...	<b>Dinner</b> Ground Beef And Cabbage S...	<b>Snack</b> Half an avocado