

Mommy's Meal Plan:

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>breakfast</u>	Chia Pudding	Green Goodness Eggs	Chia Pudding	Roaring Red Eggs	Chia Pudding	Simple Scramble with Cut Veg
<u>lunch</u>	leftover chicken/ meat with sweet potato and lettuce	leftover salmon with broccoli and cauliflower	leftover ground meat	leftover chicken breast	tuna steak with green beans	Simple Scramble with Cut Veg
<u>my dinner</u>	Shabbos leftovers	<u>Ground Meat Ideas:</u> meat sauce, meatballs, meat patties, meatloaf, with mashed potatoes and zucchini	<u>Chicken Ideas:</u> chicken breast & cauliflower- mushroom chicken- apple & potato chicken- chicken skewers	<u>Beef Dinner Ideas:</u> beef & broccoli - pepper beef- beef & green beans - beef & zucchini- beef & cabbage	leftovers from the week	<u>שבת קודש</u> , ,cut salad beef or chicken ,rice cauliflower and ,broccoli ,chulent ,pashtida sauteed ,vegetables fish
<u>kids dinner</u>	noodles with cut veg	mine plus cut fruit and veg	mine plus rice	mine plus rice	noodles with cut veg	