

Weekly Meal Plan



	BREAKFAST	LUNCH	DINNER
MON	BLUEBERRY COTTAGE CHEESE SCONES	CHICKEN LETTUCE WRAPS	SPICY BLACK BEAN SOUP
TUE	GREEK YOGURT PARFAIT W/ VERY BERRY SAUCE	SHRIMP FRIED RICE	FRIED CHICKEN LEGS W/ VEGGIES
WED	BLUEBERRY COTTAGE CHEESE SCONES	CHICKEN LETTUCE WRAPS	ASIAN MEATBALLS W/ VEGGIES & RICE
THU	GREEK YOGURT PARFAIT W/ VERY BERRY SAUCE	LEFTOVER SPICY BLACK BEAN SOUP	MINI CHICKEN POT PIES
FRI	BLUEBERRY COTTAGE CHEESE SCONES	SHRIMP FRIED RICE	LEFTOVERS OR EAT OUT!

BLUEBERRY COTTAGE CHEESE SCONES



GREEK YOGURT PARFAIT



SHRIMP FRIED RICE



CHICKEN LETTUCE WRAPS



SPICY BLACK BEAN SOUP



ASIAN MEATBALLS



FRIED CHICKEN LEGS



MINI CHICKEN POT PIES



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Ying Liu



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