

# 2 WEEK MEAL PLAN

@amy maryon

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B</b>	Egg cups (2) Salsa 1 slice bacon ½ bagel with butter	Oatmeal Sugar	Egg cups (2) Salsa 1 slice bacon ½ bagel with butter	Yogurt Straw sauce and bananas	Egg cups (2) Salsa 1 slice bacon ½ bagel with butter	Yogurt Straw sauce and bananas	Egg cups (2) Salsa 1 slice bacon ½ bagel with butter
<b>L</b>	Protein lunch	Salad bowls	Salad bowls	Salad bowls	Salad bowls	Salad bowls	Pita bread Chicken sandwich
<b>D</b>	Tacos	Fettucine with shredded chicken Frozen veges	Chili	Shredded chicken burrito	Chili haystacks	Shredded chicken over rice	Fried rice
<b>B</b>	Bagel sandwich	Yogurt Straw sauce and bananas	Bagel sandwich	Oatmeal	Bagel sandwich	oatmeal	Bagel sandwich
<b>L</b>	Pita bread Chicken sandwich	Rice bowls	Rice bowls	Rice bowls	Rice bowls	Pita bread Chicken Sandwich	Pita bread chicken sandwich
<b>D</b>	tacos	Fettucine with sausage	Chili over baked potato	Shredded chicken burrito	Chili with pasta	Shredded chicken over rice	Fried rice