

MONDAY

TUESDAY

WEDNESDAY

WHOLE30 TUSCAN
SPAGHETTI SQUASH
CASSEROLE

SLOW COOKER CHIPOTLE
BEEF BURRITO BOWLS

SHEET PAN LOW
COUNTRY BOIL

THURSDAY

FRIDAY

SATURDAY

SHEET PAN SAUSAGE,
SWEET POTATO &
BROCCOLINI

PALED SKILLET HONEY
SESAME CHICKEN

FAMILY NIGHT
OUT

SUNDAY

LEFTOVER
NIGHT!!

WEEKLY MEAL PLAN - WK 5