

WEEKLY DINNER PLAN

WEEK: 4

freezer meals prepped and delivered.

SUNDAY —	M O N D A Y —	T U E S D A Y —	T WEDNESDAY•	T T H U R S D A Y —	F R I D A Y —	- S A T U R D A Y -	
Sunday Dinner	Chicken and Gnocchi Soup	Sweet Chicken Tacos	Homestyle Chili	Green Chili Mac n' Cheese	Tuscan White Bean Soup	Date Night	
Sunday Dinner SHOPPING LIST				E S			
Chicken and Gnocchi Soup SHOPPING LIST Breadsticks Salad Mix -				ES are Chicken and age. Serve with a vers for lunches.		ccording to preadsticks. Save	
Sweet C	hicken Tac	cos	Serv	are Sweet Chicke e chicken in tortill dded cheddar che	as topped with seese, and guacar	our cream, nole. Serve	
Tortillas Sour Cream Cheddar Cheese Guacamole Tortilla Chips				with a side of chips and guacamole. Use leftovers for lunches. * Sour cream can be substituted with plain non-fat greek yogurt for a lower fat higher protein option.			

Leftovers for lunches. Leftovers for lunch	- D A Y 4	NOTES			
and crushed tortilla chips. Serve with a side of corn bread. Save leftovers for lunches. Cheddar Cheese Sour Cream Tortilla Chips Corn Bread Tuscan White Bean Soup SHOPPING LIST Corn Bread Salad Mix NOTES Prepare Green Chili Mac n' Cheese In Corn Bread Salad Mix NOTES Prepare Tuscan White Bean Soup NOTES Prepare Tuscan White Bean Soup according to package. Serve with a side salad and corn bread. Save leftovers for lunches. NOTES Prepare Tuscan White Bean Soup according to package. Serve topped with shredded cheddar cheese and a side salad and rolls. Save leftovers for lunches. NOTES Prepare Tuscan White Bean Soup according to package. Serve topped with shredded cheddar cheese and a side salad and rolls. Save leftovers for lunches. NOTES Prepare Tuscan White Bean Soup according to package. Serve topped with shredded cheddar cheese and a side salad and rolls. Save leftovers for lunches. NOTES NOTES NOTES NOTES NOTES NOTES	Hamaatula Chili				
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