

family Meal Plan

Meals	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner	Pan-seared Steaks with Chimichurri and brussel slaw- Whole30 Fast&Easy	Zucchini and carrot spirals with meatballs and pesto	Chicken curry with broc, cauliflower and butternut squash	Italian Style One Pan Bake	Burger Bowls	Balsamic Beef Roast and Root Vegetables- Whole30 Fast & Easy	Skillet Butter Chicken- Whole30 Fast & Easy
Lunch	Leftover Garlicky pepper beef	Pan-seared Steaks with Chimichurri and brussel slaw- Whole30 Fast&Easy	Zucchini and carrot spirals with meatballs and pesto	Chicken curry with broc, cauliflower and butternut squash	Italian Style One Pan Bake	Burger Bowls	Balsamic Beef Roast and Root Vegetables- Whole30 Fast & Easy
Breakfast	Chicken Sweet Potato Hashbrowns - RealFoodwithDana- and berries	Chicken Sweet Potato Hashbrowns - RealFoodwithDana- and berries	Chicken Sweet Potato Hashbrowns - RealFoodwithDana- and berries	Breakfast Pot Pie - TheCastawayKitchen	Breakfast Pot Pie - TheCastawayKitchen	Breakfast Pot Pie - TheCastawayKitchen	Some kinda scramble
Snacks Ideas:	lara bars, jerky, fruit with almond butter						
Prep Ahead	Make chimichurri. Make chicken hashbrown patties						