

weeknight dinner

MEAL PLAN

<i>SUN</i>	CROCKPOT COCONUT CURRY CHICKEN
<i>MON</i>	ONE PAN ROASTED CHICKEN + VEGGIES
<i>TUE</i>	BLACKENED SALMON TACOS
<i>WED</i>	LEFTOVERS
<i>THU</i>	BREAKFAST BOWLS
<i>FRI</i>	HOMEMADE PIZZA
<i>SAT</i>	LEFTOVERS / EAT OUT

NOURISH **MOVE** LOVE