

# MEAL PLANNER

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	Breakfast	Lunch	Dinner
Sunday	Oatmeal, Berries, Sausages	Egg Salad, Crackers, Apple	Spring Soup (Ground Turkey, Peas, White Carrots)
Monday	Cereal & Frozen Chicken Sausage	Roast Beef, Crackers, Cheese, Grapes	Steak, Green Beans Mashed Potatoes
Tuesday	Cream of Buckwheat & Beef Sausage	Turkey Sandwich, Potato Chips, Pickles	Whole Roasted Chicken, Rice Pilaf, Broccoli
Wednesday	White Sweet Potato w/ Ground Turkey Sausage & Egg	Leftover Steak & Green Beans	White Lasagna
Thursday	Toast, Egg & Beef Sausage	Leftover White Lasagna	Chicken Thighs, Roasted White Sweet Potato, Zucchini
Friday	Yogurt, Fruit, & Honey	Chicken Salad & Crackers	Shepards Pie
Saturday	French Toast & Turkey Bacon	Pastrami, Cheese, Orange	Leftovers/ Eat Out