

MEAL PLANNER

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	Breakfast	Lunch	Dinner
Sunday	Oatmeal, Berries, Chicken Sausages	Egg Salad, Crackers, Apple	Spring Turkey Pasta
Monday	Banana Muffin & Chicken Sausage	Roast Beef, Crackers, Cheese, Grapes	Steak, Green Beans Mashed Potatoes
Tuesday	Savory Cream of Buckwheat & Eggs	Leftover Steak & Green Beans	Whole Roasted Chicken, Rice Pilaf, Broccoli
Wednesday	White Sweet Potato w/ Ground Turkey Sausage & Egg	Chicken Salad & Crackers	Meatloaf, Buckwheat, Asparagus
Thursday	Egg, Beef Sausage, & Fruit Salad	Leftover White Lasagna	Ginger Lime Steak, Rice Pilaf, Sesame Squash
Friday	Yogurt, Fruit, & Honey	Turkey Sandwich, Potato Chips, Pickles	Sloppy Joes & White Sweet Potato Fries
Saturday	Apple Pancakes & Turkey Bacon	Beef Jerky, Cheese, Orange	Leftovers/ Eat Out