



Bob's November 4th Plan

Hey Bob, here's your meal plan for the next week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast One Pan Bacon, Eggs & Brussels Sprouts	Breakfast One Pan Bacon, Eggs & Brussels Sprouts	Breakfast One Pan Bacon, Eggs & Brussels Sprouts	Breakfast One Pan Bacon, Eggs & Brussels Sprouts	Breakfast Savoury Pesto Oatmeal Bowl	Breakfast Savoury Pesto Oatmeal Bowl	Breakfast Savoury Pesto Oatmeal Bowl
Lunch Cajun Chicken, Sweet Potatoes & Kale	Lunch Cajun Chicken, Sweet Potatoes & Kale	Lunch Baked Salmond with Broccoli and Quinoa	Lunch One Pan Roasted Chicken, Broccoli & Sweet Potato	Lunch Turkey Pineapple Quinoa Bowl	Lunch Chicken & Broccoli Slaw with Peanut Sauce	Lunch Ginger Beef Stir Fry
Dinner Baked Salmond with Broccoli and Quinoa	Dinner Baked Salmond with Broccoli and Quinoa	Dinner One Pan Roasted Chicken, Broccoli & Sweet Potato	Dinner Turkey Pineapple Quinoa Bowl	Dinner Chicken & Broccoli Slaw with Peanut Sauce	Dinner Ginger Beef Stir Fry	Dinner Chicken & Broccoli with Peanut Sauce
Snack(s) Peanut Butter Cup Overnight Oats Peanut Butter & Jelly Banana Rolls	Snack(s) Peanut Butter Cup Overnight Oats Peanut Butter & Jelly Banana Rolls	Snack(s) Peanut Butter Cup Overnight Oats Peanut Butter & Jelly Banana Rolls	Snack(s) Peanut Butter Banana Oat Smoothie Peanut Butter & Jelly Banana Rolls	Snack(s) Peanut Butter Banana Oat Smoothie Chocolate Almond Butter Pudding	Snack(s) Peanut Butter & Jelly Roll Chocolate Almond Butter Pudding	Snack(s) Peanut Butter & Jelly Roll Chocolate Almond Butter Pudding
Daily Prep N/A	Daily Prep N/A	Daily Prep N/A	Daily Prep N/A	Daily Prep N/A	Daily Prep N/A	Daily Prep N/A