

Printable Meal Plan

nanaslittlekitchen.com

Sunday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and fresh strawberries (S)
- L - [Tomato and Spinach Low Carb Panini](#) with ham and fresh veggies on the side (S)
- S - [Frosted Strawberry Limeade](#) (FP)
- D - Burrito Bowls - [Chili Ranch Beans](#) topped with lettuce, salsa and pinch of cheese (E)

Monday:

- B - [Cinnamon Apple Overnight Oats](#) (E)
- L - leftover Burrito Bowls - [Chili Ranch Beans](#) topped with lettuce, salsa and pinch of cheese (E)
- S - [Lemon Bar in a Jar](#) (S)
- D - [Chicken Enchilada Skillet](#) with a side salad with [Ranch](#) (S)

Tuesday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and fresh strawberries (S)
- L - [Tomato and Spinach Low Carb Panini](#) with ham and fresh veggies on the side (S)
- S - [Rootbeer Shake](#) (S)
- D - [Vegetable Beef Soup](#) (E)

Wednesday:

- B - [Cinnamon Apple Overnight Oats](#) (E)
- L - leftover [Vegetable Beef Soup](#) (E)
- S - [Candy Bar in a Jar](#) (S)
- D - [Cheesy Hot Dog Pie](#) with steamed broccoli on the side (S)

Thursday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and fresh strawberries (S)
- L - leftover [Cheesy Hot Dog Pie](#) with steamed broccoli on the side (S)
- S - [Lemonade Frosty](#) (FP)
- D - [Crock Pot Brisket](#) with cauliflower rice and green beans on the side (S)

Friday:

- B - [Chocolate Chip Espresso Muffin](#) (S)
- L - leftover Crock Pot Brisket on top of salad with [Ranch](#) dressing (S)
- S - [Lemon Bar in a Jar](#) (S)
- D - [Cabbage Roll Soup](#) (E)

Saturday:

- B - [Chocolate Chip Espresso Muffin](#) (S)
- L - leftover [Cabbage Roll Soup](#) (E)
- S - [Lemonade Frosty](#) (FP)
- D - [Jalapeno Popper Faux Mac & Cheese](#) with a side salad and [Ranch](#) dressing (S)