

IN THE KITCHEN WITH



Monthly Meal Plan

(2 week Introduction)

Week One

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Breakfast

Egg
Frittata Muffins/Bake

Greek Yogurt with
Berries and Nuts

Egg
Frittata Muffins/Bake

Banana Protein Shake

Egg
Frittata Muffins/Bake

Greek Yogurt, Berries
and Nuts

Egg
Frittata Muffins/Bake

Lunch

Ham & Cheese Roll-Ups
Salad

Autumn Soup

Chicken Rولاتini and
Salad

Pork Tenderloin and
Roasted Squash

Autumn Soup

Hummus with Peppers
and Cucumber. Ham
& Cheese Roll-ups

Chicken Stir Fry

Dinner

Autumn Soup

Chicken Rولاتini

Pork tenderloin and
Roasted Squash

Baked Tilapia with
Green Beans, Mushrooms
in a Tomato Cream Sauce

Tilapia Taco
Salad

Sesame Ginger Slow
Cooker Chicken w/
Broccoli, Carrots and
Sugar Snap Peas

OUT

PREP FOOD FOR THE
WEEK:
Autumn Soup and Frittata
Muffins

Week Two

Breakfast

Greek Yogurt & Bacon

Egg
Frittata Muffins/Bake

Protein Shake

Egg
Frittata Muffins/Bake

Yogurt and Berries and
Nuts

Egg
Frittata Muffins/Bake

Leftover Omelet &
Berries

Lunch

Flex Day *

Pot Roast

Spinach Salad,
Hard-Boiled Egg,
Onion, and Grilled Chicken

Shrimp Skewers
w/Mushrooms, and
Zucchini

Chef's Salad with Egg
and Ham & turkey

Turkey Meatballs with
Sauce and Cheese

Ham and Cheese
Roll-ups, Apple

Dinner

Crockpot Pot Roast with
Carrots and Potatoes

Spinach Salad, hard boiled
Egg, Onion, and Grilled
Swai or Tilapia

Shrimp Skewers with
Mushrooms, Onion and
Zucchini

Garden Veggie Chef Salad
with Turkey and/or Ham
and Hard-Boiled Egg

Turkey Meat Balls,
Tomato Sauce and
Spaghetti Squash

Roasted Chicken,
Roasted Veggies, Gravy
and Rice

OUT

PREP FOOD FOR THE WEEK:
Pot Roast, Sausage and Cheese
Egg Muffins, Hard-Boiled Eggs
Turkey Meat Balls

*FLEX DAY-(note from Terry)
Saturday evenings and Sundays are considered a "flex" day. I offer recommendations to get you through the weekend but typically eat what is left over from the week as I do not like to waste anything.

visit www.IImagnolialane.com regularly for more
information on healthy eating and new recipes