

IN THE KITCHEN WITH



# Monthly Meal Plan

(Winter Week 1 & 2)

## 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

Omelet &  
Berries

*Lunch*

Flex Day \*

Pot Roast

Spinach Salad with Fish

Shrimp Skewers  
w/Mushrooms, and  
Zucchini

Turkey Meatballs,  
Tomato Sauce &  
Spaghetti Squash

Spinach Salad with  
Ham and Veggies

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

Turkey Meat Balls,  
Tomato Sauce and  
Spaghetti Squash

Roasted Chicken with  
Veggies

"Leftover" Chicken  
and Veggie Soup using  
homemade chicken  
stock

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](http://www.IImagnolialane.com) regularly for more  
information on healthy eating and new recipes