Saturday 26	**Sunday 27**	**Monday 28**	**Tuesday 29**	**Wednesday 30**	**Thursday 31**	**Friday 1**
	Make Kasha for the week	Prep Chia pudding for breakfast/cook chicken breast for lunch				
Baked Salmon Asparagus Roasted potatoes	Polenta crust with pesto, Brussels sprouts	spanokopadillas	Veggie burgers	Frozen fish Broccoli Rice	Black beans rice	soup Grilled cauliflower
Saturday 2	**Sunday 3** Make Kasha for the week	**Monday 4** Prep Chia pudding for breakfast/cook chicken breast for lunch	**Tuesday 5**	**Wednesday 6**	**Thursday 7**	**Friday 8**
Stuffed red peppers Salad Acocado salad	Asian green bean salad	Black bean tostada	Chickpea & gluten free pasta *add carrots	Frozen dinner	Frozen dinner	Dinner out