

Saturday 12	Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
	Make Kasha for the week	Prep Chia pudding for breakfast/cook chicken breast for lunch				
Oven Roasted Opah Steamed Broc Rice	Curried lentils and rice casserole (NM 297)	Chana Masala (NM 294)	Veggie burgers, steamed carrots	Frozen fish Broccoli Baked sweet potatoes	Gnoochi w/ green beans	Dinner out
Saturday 19	Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
	Make Kasha for the week	Prep Chia pudding for breakfast/cook chicken breast for lunch				
Garlic ginger salmon (NM 314) Roasted cauliflower Roasted red potatoes	Sautéed dover sole (butter, olive oil, garlic, lemon) green beans, rice	Veg Fried Rice (whole life nutrition Pg 265)	Chickpea & gluten free pasta *add carrots	Frozen dinner	Frozen dinner	Miso soup veggies