

WEEKLY MEAL PLAN

DECEMBER 2017 WEEK 2

BREAKFAST	<p>Slow Cooker Banana Bread Oatmeal</p> <p>1-2 Eggs</p> <p>Fruit</p>
MEAL 1	<p>Lemon Chicken Orzo Soup (Slow Cooker)</p> <p>Arugula & Apple Salad with Lemon Vinaigrette</p>
MEAL 2	<p>Roasted Chicken</p> <p>Rosemary Garlic Sweet Potato Fries</p> <p>Roasted Zucchini & Mushrooms</p>
MEAL 3	<p>One Pot Black Beans and Rice</p>
SNACKS	<p>Fresh Veggies: Celery, bell peppers</p> <p>Fruit: Apples, black berries</p> <p>Green smoothies</p> <p>Yogurt</p> <p>Almond butter & Jelly Sandwiches</p> <p>Popcorn</p>
NOTES:	