

Plan Prep Pour – Weekly Meal Planner

Week of: May 28 – June 3, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>A new make-ahead breakfast salad! BLT + spinach and eggs and a honey mustard vinaigrette.</p> <p>https://planpreppour.com/2018/05/27/blst-breakfast-or-lunch-salad-with-honey-mustard-vinaigrette/</p>						
LUNCH	<p>Skinnytaste Harissa Chicken (with brown rice, sliced cucumbers and red peppers and tzatziki) –</p> <p>https://www.skinnytaste.com/easy-shredded-harrisa-chicken/</p>						
DINNER	<p>Teriyaki Chicken Kabobs, brown rice and a veggie tray.</p>	<p>Grilled flank steak, roasted red potatoes and asparagus –</p> <p>https://www.epicurious.com/recipes/food/views/grilled-flank-steak-with-rosemary-731</p>	LEFTOVERS	LEFTOVERS OR TAKEOUT	<p>Cheeseburger Pasta Bake and a veggie tray –</p> <p>https://planpreppour.com/2018/01/29/cheeseburger-pasta-bake/</p>	<p>Spicy Honey Brushed Chicken Thighs, cucumber and tomato salad, roasted sweet potatoes –</p> <p>http://www.myrecipes.com/recipe/spicy-honey-brushed-chicken-thighs</p>	LEFTOVERS