

# Plan Prep Pour – Weekly Meal Planner

Week of: May 7-13, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<p>To make life quick and easy, I'm doing smoothies this week, and I have hard boiled eggs to snack on if needed –</p> <p><a href="https://planpreppour.com/2017/05/06/mixed-berry-banana-smoothie/">https://planpreppour.com/2017/05/06/mixed-berry-banana-smoothie/</a></p>						
<b>LUNCH</b>	<p>Skinnytaste Chipotle Chicken Bowls with Cilantro Lime Quinoa –</p> <p><a href="https://www.skinnytaste.com/instant-pot-chipotle-chicken-bowls-with-cilantro-lime-quinoa/">https://www.skinnytaste.com/instant-pot-chipotle-chicken-bowls-with-cilantro-lime-quinoa/</a></p>						
<b>DINNER</b>	<p>TAKEOUT</p>	<p>Chicken tacos/taco salads –</p> <p><a href="https://planpreppour.com/2016/10/03/crockpot-chicken-for-tacos-taco-salads-nachos-and-more/">https://planpreppour.com/2016/10/03/crockpot-chicken-for-tacos-taco-salads-nachos-and-more/</a></p>	<p>Korean Rice Bowls –</p> <p><a href="https://planpreppour.com/2017/09/03/my-take-on-korean-rice-bowls/">https://planpreppour.com/2017/09/03/my-take-on-korean-rice-bowls/</a></p>	<p>LEFTOVERS OR TAKEOUT</p>	<p>LEFTOVERS OR TAKEOUT</p>	<p>Plated delivery this week – Cuban Chicken Rice Bowls –</p> <p><a href="https://www.plated.com/recipes/cuban-chicken-rice-bowls-with-mojo-sauce-and-avocado-pineapple-salsa-3">https://www.plated.com/recipes/cuban-chicken-rice-bowls-with-mojo-sauce-and-avocado-pineapple-salsa-3</a></p>	<p>Plated delivery meal 2 – Pan-Roasted Chicken –</p> <p><a href="https://www.plated.com/recipes/pan-roasted-chicken-with-butter-milk-brussels-sprouts-and-farro-3">https://www.plated.com/recipes/pan-roasted-chicken-with-butter-milk-brussels-sprouts-and-farro-3</a></p>