

Meal Plan for Sept 7 - Sept 13 from aLittleBiteofThisandThat.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	¾ c Cheerios + ½ c Milk + ¼ Banana + ½ c Berries	¾ c Cheerios + ½ c Milk + ¼ Banana + ½ c Berries	¾ c Cheerios + ½ c Milk + ¼ Banana + ½ c Berries	¾ c Cheerios + ½ c Milk + ¼ Banana + ½ c Berries	5.3 oz Greek Vanilla Yogurt + ½ c Berries + 2 T Homemade Granola	5.3 oz Greek Vanilla Yogurt + ½ c Berries + 2 T Homemade Granola	5.3 oz Greek Vanilla Yogurt + ½ c Berries + 2 T Homemade Granola
Lunch	Tuna Salad Lunch Box	Tuna Salad Lunch Box	Tuna Salad Lunch Box	Tuna Salad Lunch Box	English Muffin Pizza * with Salad**	English Muffin Pizza * with Salad**	English Muffin Pizza * with Salad**
Dinner	#meatlessmonday Cauliflower and Chickpea Masala *** with 4 Mini Naan & 1 lb Green Beans (raw or cooked how you prefer)	#tacotuesday Sweet Potato Tacos with Lime Crema with Watermelon	#winewednesday Paleo Sweet Potato Shepherd's Pie with Salad & a Glass of Red Wine	#takeoutfakeout Lighter Chicken Bryan with "Baked" Sweet Potatoes & 1 lb Steamed Broccoli	#happyfriday Chipotle Salmon Burgers with Seasoned Fries & Salad	#treatyoself Get Take Out!	#salmonsunday [Sheet Pan] Blackened Salmon with Creamy Lemon Caper Sauce

*This recipe makes 6 servings; you can make all 6 pizzas the recipe calls for (& save the leftovers in the fridge or freezer), or you can make them one at a time. A toaster oven or air-fryer work well for cooking 1 pizza (both halves) at a time.

**Lunch "salad" is ⅓ head of romaine (1 head for 3 lunches). Dinner "salad" is ¼ head (1 head for 1 dinner with 4 people). Use your "preferred salad dressing" (this is how it's worded on the grocery list); I recommend an oil based dressing.

***The grocery list has Ground Ginger instead of Fresh Ginger for this recipe. Use ⅛ - ¼ t ground ginger.