

Meal Plan for Sept 7 - Sept 13 from [aLittleBiteofThisandThat.com](http://aLittleBiteofThisandThat.com)

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

\*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.