

Weekly Meal Plan

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friday

saturday

Monday Tortellini soup
w/pealed ~~potatoes~~ ham
pork broth onion
carrots

Tuesday Pasta
Lemon pasta
broccoli/cauliflower
pasta
ham

Wednesday BLT's
Bacon
Lettuce
tomato

Thursday Harvest Quinoa Bowl
w/ vinaigrette
Baby kale greens Avo and
Quinoa Grape tomatoes
Chicken slices Pearl mazzarella
Butternut squash Toasted seeds

Friday Korean BBQ Beef
Rice
Veggie side
Snow peas

Saturday Baked potato bar

Sunday Enchiladas - red

8:30 Yoga

2:00 practice
at Maria's

DL

11 8:30 Yoga

Christmas
Party
2-4:30

DL

18 8:30 yoga

DL

25 No YOGA

CHRISTMAS

No YOGA