

Meal Ideas *for* December 21-27

.....♥..... Ordinary & Happy

		BREAKFAST	LUNCH	DINNER
SUN	2 1	Baked eggs in tomato sauce	Baked potato with your favorite toppings	Chicken orzo soup with baguette
MON	2 2	Overnight mixed berry chia pudding	Tuna melt	Warm roasted vegetable salad with chicken
TUE	2 3	Toasted bagels with cream cheese	Apple cheddar arugula salad with sourdough	Roasted turkey with mashed potatoes
WED	2 4	Pancakes with maple syrup	Mini charcuterie board	Baked salmon with roasted veggies
THU	2 5	Yogurt parfait	Frittata	Glazed ham with your favorite Christmas or holiday sides
FRI	2 6	Spinach frittata with sun-dried tomatoes	Chicken Caesar salad wrap	Sliders with fries or sweet potato fries
SAT	2 7	Fried eggs on toast with avocado crema	Caprese salad with bread	Lasagna, salad, and garlic bread