

Day 7 Meal Planner

DECEMBER DISHES

Ordinary & Happy

BREAKFAST



Easy Baked Frittata

O & H

- Eggs
- Greek yogurt
- Roasted peppers
- Artichoke hearts
- Basil
- Goat cheese
- Mozzarella
- Salt
- Butter/Olive oil

Ordinary & Happy

LUNCH



Pesto Pasta

Be My Recipe

- Spaghetti
- Basil
- Pine nuts
- Garlic
- Extra-virgin olive oil
- Parmigiano Reggiano
- Salt
- Pepper
- Chili flakes

DINNER



Baked Honey-Garlic Chicken Thighs and Roasted Potato Wedges

- Chicken thighs (bone-in)
- Potatoes
- Honey
- Garlic cloves
- Garlic powder
- Lemon juice
- Oil
- Dijon mustard
- Parmesan
- Paprika
- Salt & Pepper
- Fresh parsley