

Weekly Meal Ideas

for **January 11-17th**

Ordinary & Happy



		BREAKFAST	LUNCH	DINNER
S U N	1	Broccoli and Cheese Frittata	Corn and Shrimp Salad	Frittata with Bread and Side Salad
	1			
M O N	1	Yogurt Parfait with Fresh Berries	Cranberry Chicken Salad Sandwich	Mushroom Soup
	2			
T U E	1	Smoked Salmon Breakfast Sandwich	Chickpea Tuna Salad	Taco Bowl
	3			
W E D	1	Muesli and Greek Yogurt	Taco Salad	Pancetta & Mushroom Pasta
	4			
T H U	1	Breakfast Sandwich with Eggs & Cheese	Ham and Cheese Wrap	Sheet-Pan Chicken and Veggies
	5			
F R I	1	Overnight Oats	Waldorf Salad	Pan-Seared Fish, Coleslaw, and Fries
	6			
S A T	1	Avocado Toast with Smoked Salmon	BLT Sandwich with Aioli	Chicken Tortilla Soup
	7			