

WEEKLY MENU PLAN

WEEK OF: _____

Sunday

White Bean and Chicken Ranch Tacos (page 30) with Southwest Rice Salad (page 131)

Monday

Skillet Mac & Cheese with Ham and Broccoli (page 50) with a garden salad

Tuesday

Buffalo Ranch Squash Boats (page 15) and Roasted Lemon-Dijon Broccoli (page 164)

Wednesday

3 Bean Minestrone Soup (page 119) with a Garden Salad

Thursday

Chicken Alfredo Stuffed Shells with Broccoli (page 26) and Butter Tossed Brussels Sprouts (page 167)

Friday

Black Bean and Mushroom Enchiladas (page 120) with a Garden Salad

Saturday

White Bean and Ham Soup with Spinach (page 60) with a Garden Salad

Shopping List

Milk, almond milk, cheese
Salad greens and fruit