

Theme:

Recipe:

Notes:

SUN

Low-Carb

Simple Chicken Stir-Fry

Meeting @ 4

MON

30-Minutes

Kale & Chickpea Stew

Add chicken

TUES

Leftovers

Tournament @ 6 PM

WED

One Pot

Pumpkin Chili

Company for dinner

THURS

Breakfast for Dinner

Quinoa Bowl

Game @ 6 PM

FRI

Comfort Food

Kale Pesto Pizzas

Family Game Night

SAT

Out to Eat!



Weekly Dinner Plan

Choose themes & recipes from our
complimentary meal planning tool:

<https://www.idahonutritionassociates.com/meals-minutes>

