**Note:** To access the recipes, hold down the CTRL key while clicking on the recipe title and a browser should open with the recipe.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Curry in a Hurry</td>
<td>Skillet Creamy Lemon Chicken Pasta with Broccoli</td>
<td>Lightened Up Creamy Cajun Chicken Pasta</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</td>
<td>Creamy Tex-Mex Quinoa Dippers</td>
<td>Greek Pita Salad</td>
<td>Grilled Asian Chicken with Peanut Noodles and Cucumber Sambal</td>
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<tr>
<td>Rice</td>
<td>Fresh Fruit/Vegetables</td>
<td>Fresh Fruit/Vegetables</td>
<td>Cottage Cheese</td>
<td>Basiliano Tortilla Chips</td>
<td>Honey Lime Fruit Salad</td>
<td>Fresh Fruit/Vegetables</td>
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<tr>
<td>Steamed Vegetable or Buttery Peas with Thyme</td>
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<tr>
<td><strong>Dessert:</strong></td>
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<tr>
<td>No-Bake Dark Chocolate Granola Bites</td>
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</tbody>
</table>

**Breakfast Ideas:** For more breakfast ideas click HERE  
My Favorite Breakfast Smoothie  
Breakfast Burritos  
Overnight Oatmeal Cinnamon Pancakes  
Oatmeal Pancake Mix  
Whole Wheat Blender Pancakes  
Zephyr Pancakes  
Overnight Raised Waffles  
Overnight Steel Cut Oats  
Overnight Maple and Brown Sugar Oatmeal  
Strawberries and Cream Stuffed French Toast  
Rollup Blender Pancakes  
Perfect Pumpkin Pancakes  
Whole Wheat Make-Ahead Pancake Mix
Vegetables/Produce:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)