

# Weekly Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>  IP Steel Cut Oats	<b>Breakfast</b>  (IP Shred Family Pack of chicken)	<b>Breakfast</b>  IP Quiche & Fresh Fruit	<b>Breakfast</b>	<b>Breakfast</b>  IP Poached Eggs & Toast	<b>Breakfast</b>	<b>Breakfast</b>  Buttermilk Pancakes (IP is making Potatoes)
<b>Lunch</b>  IP Mac & Cheese	<b>Lunch</b>  IP Chicken Salad (with 1/3 of the Shredded Chicken)	<b>Lunch</b>  IP Chili	<b>Lunch</b>  IP Shredded Chicken Tacos (with 1/3 of the Shredded Chicken)	<b>Lunch</b>  IP Tomato Soup & Grilled Cheese	<b>Lunch</b>  IP Chicken with Corn Beans & Rice (with 1/3 of the Shredded Chicken)	<b>Lunch</b>  IP Mashed Potatoes  IP BBQ Chicken Party Pack
<b>Snack</b>  IP Potato Salad or Egg Salad	<b>Snack</b>	<b>Snack</b>  IP Applesauce	<b>Snack</b>	<b>Snack</b>  IP Hard Boiled Eggs	<b>Snack</b>	<b>Snack</b>  IP Leftovers
<b>Dinner</b>  IP Pasta with Meat and Veggies	<b>Dinner</b>  IP Teriyaki Chicken with Rice and Veggies	<b>Dinner</b>  IP BBQ Pulled Pork with Sweet Rolls & Coleslaw	<b>Dinner</b>  IP Butternut Squash Soup  Side salad	<b>Dinner</b>  IP Pot Roast	<b>Dinner</b>  IP Lasagna  Side salad	<b>Dinner</b>  IP Chicken Quinoa Soup
<b>Dessert</b>  IP Banana Bread	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>  IP Applesauce Enchiladas	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>  IP Cheesecake

In addition to the IP meals, pancakes on Saturdays! Breakfast choices daily are: Cereal, Oats, Yogurt & Fruit, or Smoothies. Snacks/Lunches also include choice of: Cucumber slices, PB&J, PB & Celery or Apples, Tomato Basil Mozzarella Slices, Banana or Fruit Bowl. Leftovers anytime!