

# WEEKLY MEAL PLANNER

Malika Yasmin

#AllYouGottaDoIs



	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Sweet Potatoes Kale Smoothie	Black Bean Corn Avocado Salad	Fajita Bowls	Seaweed Cucumbers berries
TUESDAY	#ALLYOUGOTTADOIS Egg Pizza With kale + Spinach	#ALLYOUGOTTADOIS Fried Rice + Coconut Wraps	Salmon + Broccoli Cauliflower Rice	#ALLYOUGOTTADOIS Shock-a-lot smoothie (maybe turned popcicles)
WEDNESDAY	#ALLYOUGOTTADOIS Blueberry Muffins Strawberry Milkshake	7 Layer Bean Dip With chips (this could be soo good or all bad)	Cauliflower Steaks Potatoes Green beans	Apple & Celery w/Peanut Butter Raisins
THURSDAY	#ALLYOUGOTTADOIS Coconut Yogurt Packed with berries, chia seeds, and honey	#ALLYOUGOTTADOIS Loaded Mediterranean Chickpea Salad	Lettuce Wrap Burgers Pickles + Kraut Sweet potatoes	#ALLYOUGOTTADOIS Trail Mix cashews + walnuts dates+ mulberries
FRIDAY	#ALLYOUGOTTADOIS Cinnamon Roasted Squash + egg + avocado	Tomato Basil Soup + #ALLYOUGOTTADOIS Sandwiches	My Moms Bday Dinner	Veggies Crackers w/ Bitchen sauce

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