

WEEKLY MEAL PLANNER

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#AllYouGottaDols



	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Chocolate Chia Pudding + Fresh Berries	Kids Bento Lunchbox Mulberries+Cucumbers+Crackers +Sliced Apples + boiled eggs #ALLYOUGOTTADOIS	Mediterranean Bowl Shredded carrot salad, baked garbanzo beans, spiralized Veggies, rice, kale,	Mixed Nuts + Dried Fruit #ALLYOUGOTTADOIS
TUESDAY	Egg Pizza + Kraut #ALLYOUGOTTADOIS	My Fast Food Fresh Mango Avocado topped w/ Kraut	Burrito Bowls Brown Beans, brown Rice, Salsa, Avocados, grilled veggies,	Chips + Salsa #ALLYOUGOTTADOIS
WEDNESDAY	Smoothie + Bar #ALLYOUGOTTADOIS	Squash Soup + Sandwich #ALLYOUGOTTADOIS	Pesto + Pasta + Asparagus + Cherry tomatoes	Peanut Butter + Apples Toppings: chia seeds, granola, cacao nibs #ALLYOUGOTTADOIS
THURSDAY	Flourless Pancakes #ALLYOUGOTTADOIS	LEFT OVERS	Ginger Salmon Green Beans +Purple Cabbage Salad	Celery + Almond butter + raisins+ a smoothie
FRIDAY	Shock-a-Lot Smoothie #ALLYOUGOTTADOIS	HOMEMADE LUNCHABLES	EAT OUT	Popcorn + Movie

