

# A WEEK OF DINNERS

ALL FROM TRADER JOE'S

**MON**

orange chicken (prepare as recipe on package states), basmati rice, and oven roasted broccoli.

**TUES**

chicken noodle soup (the best you'll ever taste) with ciabatta bread

**WED**

chipotle bowl: brown rice or cauliflower rice, shredded chicken breast, black beans, and sliced avocado

**THUR**

pappadelle egg noodles, creamy tomato sauce and italian sausage (mince sausage and once cooked, mix with creamy tomato sauce.)

**FRI**

frozen organic pizza crust, marinara sauce, fresh mozzarella and fresh basil

# A WEEK OF BREAKFAST

ALL FROM TRADER JOE'S

**MON**

a boiled egg chopped mixed with a half of an avocado diced. toast with almond butter. bowl of sliced bananas and strawberries

**TUES**

acai bowl with granola topping, shredded coconut, sliced bananas and sliced strawberries

**WED**

toast with almond butter, sliced bananas, topped with granola

**THUR**

toast with mashed avocado topped with a fried egg. sprinkle everything but the bagel seasoning on top.

**FRI**

fruit smoothie with toast and eggs