

Plan Prep Pour – Weekly Meal Planner

Week of: May 7-13, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>To make life quick and easy, I'm doing smoothies this week, and I have hard boiled eggs to snack on if needed –</p> <p>https://planpreppour.com/2017/05/06/mixed-berry-banana-smoothie/</p>						
LUNCH	<p>Skinnytaste Chipotle Chicken Bowls with Cilantro Lime Quinoa –</p> <p>https://www.skinnytaste.com/instant-pot-chipotle-chicken-bowls-with-cilantro-lime-quinoa/</p>						
DINNER	TAKEOUT	Chicken tacos/taco salads – https://planpreppour.com/2016/10/03/crockpot-chicken-for-tacos-taco-salads-nachos-and-more/	Korean Rice Bowls – https://planpreppour.com/2017/09/03/my-take-on-korean-rice-bowls/	LEFTOVERS OR TAKEOUT	LEFTOVERS OR TAKEOUT	Plated delivery this week – Cuban Chicken Rice Bowls – https://www.plated.com/recipes/cuban-chicken-rice-bowls-with-mojito-sauce-and-avocado-pineapple-salsa-3	Plated delivery meal 2 – Pan-Roasted Chicken – https://www.plated.com/recipes/pan-roasted-chicken-with-butter-milk-brussels-sprouts-and-farro-3