

Plan Prep Pour – Weekly Meal Planner

Week of: August 6-12, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Avocado toast with a fried egg.	Stacy's Mom's Puffed Pancake, strawberries and chicken sausage - https://planpreppour.com/2018/08/09/stacys-moms-puff-pancake/	Make ahead and freeze bean and cheese burritos (I made them with pinto beans this time, but otherwise just like these) – https://planpreppour.com/2017/03/19/make-ahead-and-freeze-black-bean-and-cheese-burritos/				
LUNCH	I pulled lunches out of the freezer this week to make room – stuff from this list I'd made and frozen! https://planpreppour.com/2017/08/09/make-ahead-lunches-subtitle-why-i-sometimes-dont-eat-lunch-part-2/						
DINNER	Chicken tacos - https://planpreppour.com/2016/10/03/crockpot-chicken-for-tacos-taco-salads-nachos-and-more/	Meatloaf, mashed potatoes and roasted Brussels sprouts with bacon.	LEFTOVERS	Chicken and dumplings – https://planpreppour.com/2018/02/19/slow-cooker-chicken-and-dumplings-serves-4-6/	LEFTOVERS	Plated Szechuan Style Beef – https://www.plated.com/menus/2018-08-05/recipes/szechuan-beef-with-green-beans	Summer office party food!