



APRIL

MENU PLAN

MONDAY

Sausage Egg Bake

Greek Chicken Meal

Slow Cocker Chicken
Low Mein

Protein Shake (I love
Q Ultra Lean Shakes)

TUESDAY

Sausage Egg Bake

Mongolian Beef Meal

Chipotle Pulled Pork

Veggies & Hummus

WEDNESDAY

Sausage Egg Bake

Greek Chicken Meal

Pork Mac & Cheese
Bake

In-season fruits
and nuts

THURSDAY

Sausage Egg Bake

Mongolian Beef Meal

Spaghetti (Squash)
and Meatballs

Protein Shake

FRIDAY

Sausage Egg Bake

Left Overs

Homemade Pizza

In-season fruits
and yogurt parfait