



# Weekly Meal Plan

## sunday

Spaghetti & Meatballs  
Kale Salad

## monday

[Tomato Basil Crispy Lemon Chicken w/ Navy Beans](#) *(click for recipe)*

## tuesday

[Forest Ham Paninis with Gouda and Pesto](#) *(click for recipe)*

## wednesday

Grilled Brats & Hamburgers

## thursday

[Mahi Mahi Tacos with Black Beans](#) *(click for recipe)*

## friday

Pizza!

