

Meal Plan

Meal Plan 10

Turkey Burgers with Alexia Frozen Fries

Baked Paprika Parmesan Chicken
& Roasted Broccoli

Sausage & Chestnut Stuffed Squash
with a Side Salad

Pan Seared Steaks with
Roasted Beet & Burrata Salad

Thai Coconut Curry Shrimp

Black Bean Soup with Coconut Rice

[Printable Grocery List](#)