

# Meal Plan

## Meal Plan 11

Sheet Pan Sausage & Peppers over Cheesy Polenta

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Spaghetti Squash with Turkey Meatballs

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Impressive Roast Chicken

Dill Red Potatoes

Green Beans

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One Pot Pasta Primavera with Shrimp

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Hearty Tomato & Bean Soup with Tuscan  
Loaf

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Grilled Asian Garlic Steak Skewers  
with Wild Rice  
& Roasted Carrots

[Printable Grocery List](#)