

# Meal Plan

Week 4:

Sheet Pan Pasta Bake with Chicken & Kale

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Spicy Pork & Mustard Green Soup

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Prosciutto Roasted Bass with Autumn  
Vegetables

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Mexican Lasagna with Small Side Salad

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Roast Chicken Breasts with Garbanzo  
Beans, Tomatoes & Paprika  
Roasted Garlic Broccoli

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Lemon Chicken Orzo Soup with Side  
Salad

[Printable Grocery List](#)