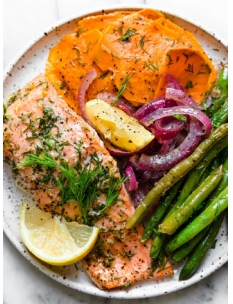


4-WEEK HEALTHY

meal plan + grocery list



MON Day 01	TUE Day 02	WED Day 03	THU Day 04	FRI Day 05	SAT Day 06	SUN Day 07
Oven-Baked Pork Chops with Squash <i>(serve with veggie of choice)</i>	Sheet Pan Chipotle Chicken Thighs with Broccoli <i>(serve with mashed sweet potatoes)</i>	Crockpot Beef Tips and Gravy <i>(serve with mashed potatoes and veggie of choice)</i>	Leftovers	Crockpot Green Chile Stew with Beans <i>(serve with garnishes)</i>	Leftovers or Takeout	BYOM
MON Day 08	TUE Day 09	WED Day 10	THU Day 11	FRI Day 12	SAT Day 13	SUN Day 14
Sheet Pan Pork Loin with Brussels and Apples	Crockpot Thai-Inspired Peanut Chicken <i>(serve with garnishes)</i>	One-Skillet Zucchini Lasagna	Leftovers	Sheet Pan Shrimp Fajita Bowls <i>(serve with garnishes)</i>	Leftovers or Takeout	BYOM
MON Day 15	TUE Day 16	WED Day 17	THU Day 18	FRI Day 19	SAT Day 20	SUN Day 21
Crockpot Pulled Pork with Honey Mustard Sauce <i>(stuffed in sweet potato with slaw or side salad of choice)</i>	Sheet Pan Greek Chicken with Veggies <i>(serve with Tzatziki sauce)</i>	Easy Beef Taco Bowls <i>(serve with garnishes)</i>	Leftovers	Sheet Pan Baked Salmon with Vegetables	Leftovers or Takeout	BYOM
MON Day 22	TUE Day 23	WED Day 24	THU Day 25	FRI Day 26	SAT Day 27	SUN Day 28
Sheet Pan Gnocchi with Kielbasa and Vegetables	Noodle-Free Chicken Pad Thai-Inspired	Crockpot Bean & Beef Chili <i>(serve with toppings of choice)</i>	Leftovers	Sheet Pan Veggie Shawarma with Lemon Tahini Dressing	Leftovers or Takeout	BYOM



BYOM = Build Your Own Meal

