Weekly Meal Plan 2

Day 1: Fish stick sandwiches (American cheese, tarter sauce), side salad
Day 2: Chicken Cordon Bleu, tortellini soup, fresh sliced vegetables
Day 3: Hamburgers, fries
Day 4: Pork Chops, rice side dish and small salad
Day 5: Pan-Fried pounded flat, breaded chicken breast, quinoa salad
Day6: Tacos with all the fixings
Day 7: Kielbasa sausage, sauerkraut, potato pancakes (horseradish, sour cream & apple sauce)