



YUMMY CREATIONS

MEAL PLANNING MENU

BREAKFAST

Oatmeal

with fresh berries and honey

Egg Scramble

with tomato, spinach and a side of smoked turkey sausage or portobello mushroom

Steak & Eggs

scrambled eggs with grilled steak and roasted potatoes and peppers

TURKEY

Turkey Meatloaf

with mashed potatoes and roasted seasonal veggies

Turkey Meatballs

with marinara and roasted seasonal veggies

Taco Bowl

with black beans, corn, salsa and veggies

CHICKEN

Teriyaki Chicken Breast

with steamed carrots and broccoli

Chicken Fajitas

with black beans, corn, salsa and peppers

Chimichurri Chicken Breast

with grilled seasonal veggies

BBQ Chicken Breast

with grilled seasonal veggies

BEEF

Steak Fajitas

with black beans, corn, salsa and peppers

Chimichurri Steak

with grilled seasonal veggies

Beef Meatloaf

with mashed potatoes and roasted veggies

Beef Meatballs

with marinara and roasted veggies

SALMON

Teriyaki Salmon

with steamed carrots and broccoli

Blackened

with grilled seasonal veggies

Chimichurri Salmon

with grilled seasonal veggies

BBQ Salmon

with grilled seasonal veggies

VEGAN

Beyond Meatloaf

with mashed potatoes and roasted veggies

Veggie Stir-Fry

with steamed seasonal veggies

Beyond Meatballs

with marinara and roasted veggies

Veggie Fajita Bowl

with black beans, corn, salsa and veggies