

## WELCOME

This delectable and nutritious meal plan has been crafted to allow you to savor the joy of cooking, fostering connections, and crafting easy dinners inspired by cuisines from around the world. Enjoy!



## MEAL PLAN

## Let's get cooking



MONDAY SHREDDED CHICKEN



TUESDAY BEEF STEW



WEDNESDAY SLOPPY JOES



THURSDAY TOMATO SOUP



FRIDAY
SHREDDED BBQ CHICKEN



WEEKEND LEFTOVERS

