

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 CHICKEN ENCHILADA SOUP



TUESDAY
BEEF AND BROCCOLI



WEDNESDAY BEEF CHILI



THURSDAY
COTTAGE CHEESE ALFREDO



FRIDAY
TURKEY LETTUCE WRAPS



WEEKEND LEFTOVERS

