

# Weekly Meal Plan

Ahna Fulmer // [HammersNHugs.com](http://HammersNHugs.com)

## Grocery List



Mon

Egg Roll In a Bowl



Tue

Skillet Ham & Cauliflower Stir Fry



Wed

Slow Cooker Chicken & Veggies  
Marinara & Pasta



Thu

Banana Cinnamon Baked  
Oatmeal



Fri

Creamy Pesto Tuna Flatbread

