

# Weekly Meal Plan

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

## Grocery List



Mon

Ham & Cauliflower Stir Fry



Tue

Z's Spicy Baked Chicken & Veggies



Wed

Creamy Tuna Flatbread



Thu

Banana Cinnamon Baked  
Oatmeal & Bacon



Fri

Slow Cooker Chili

