

Weekly Meal Plan

Ahna Fulmer // HammersNHugs.com

Grocery List



Mon

Sheet Pan Honeyed Salmon and Carrots



Tue

Z's Spicy Baked Chicken and Veggies



Wed

Slow Cooker Chicken Marinara and Veggies



Thu

Shrimp Fried Quinoa



Fri

Honeyed Ham & Cheese Flatbread

