

Weekly Meal Plan

Ahna Fulmer // HammersNHugs.com

Grocery List



Mon

Skillet Sausage and Veggies



Tue

Egg Roll in a Bowl



Wed

Slow Cooker Honey Garlic
Meatballs and Roasted
Brussels Sprouts



Thu

Acai Bowl and Sausage



Fri

Beef Zucchini Spaghetti

