

# Weekly Meal Plan

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

## Grocery List



Mon

Beef Zucchini Au Gratin



Tue

Skillet Ham and  
Cauliflower Stir Fry



Wed

Slow Cooker Chicken  
Marinara and Veggies



Thu

Creamy Cheddar Tuna  
Casserole



Fri

Shrimp Fried Quinoa

