

# Weekly Meal Plan

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

## Grocery List



### Monday

Skillet Ham & Cauliflower Stir Fry



### Tuesday

Beef and Zucchini Spaghetti



### Wednesday

Slow Cooker Honey Garlic  
Meatballs &  
Roasted Italian Broccoli



### Thursday

Blueberry Cinnamon Baked  
Oatmeal & Bacon



### Friday

Cheddar Tuna Melts

