

Weekly Meal Plan

Ahna Fulmer // HammersNHugs.com

Grocery List



Mon

Z's Spicy Baked Chicken & Veggies



Tue

Egg Roll in a Bowl



Wed

Slow Cooker Chicken & Veggies

Marinara



Thu

Cheesy Cauliflower Tuna

Casserole



Fri

Honeyed Ham Flatbread

