

# Weekly Meal

## PLANNER



### Meal Plan #16 - January 18 - January 23

**MONDAY**  
*Meatless*  
*Meal*

**Toasted**  
**Zucchini**  
**Raviol**

**TUESDAY**  
*Tacos or*  
*Mexican*

**Bell Pepper**  
**Chicken**  
**Fajita Salad**

**WEDNESDAY**  
*Chicken,*  
*Beef or Fish*

**Keto Cuban**  
**Picadillo**

**THURSDAY**  
*Italian or*  
*Pasta*

**Healthier**  
**Spaghetti**  
**Dinner**

**FRIDAY**  
*Sandwiches*  
*and Soup*  
**Vegan**  
**Matzo Ball**  
**Soup**

**SATURDAY**  
*Pizza or*  
*Order Out*  
**Cauliflower**  
**Crust Pizza**

**SUNDAY**  
*Comfort*  
*Food*  
**Chicken**  
**Broccoli**  
**Casserole**

**NOTES**