

## Menu Plan: Week of August 2, 2020



So it's my biiiiirhthday this week! I'm celebrating the 4th Anniversary of my 34th Birthday and I have no idea how! Mr. Big is in charge and he's not sharing any details, so I based this week's menu plan (Points listed are #MyWW Blue approach) on a regular week, and I'll use my weeklies for something with salted caramel!

A screenshot of a weekly menu plan table with columns for Monday through Sunday. Each day has a breakfast, snack, lunch, and dinner entry with recipe names and point values. The table is set against a colorful geometric background.

This week's recipes:

- <http://divaandthedivine.com/pumpkin-overnight-oats/>
- <https://drizzlemeskinny.com/apple-cinnamon-french-toast-sanwiches/>
- <http://rachelshhealthyplate.com/buffalo-ranch-chicken-salad/>
- <https://www.hungry-girl.com/recipes/chop-tastic-chicken-blt-sandwich>
- <https://emilybites.com/2019/09/pumpkin-and-sausage-stuffed-shells.html>
- <https://drizzlemeskinny.com/taco-fiesta-bubble-up-casserole/>
- <https://www.skinnytaste.com/parmesan-crust-delicata-squash/>
- <https://www.skinnytaste.com/skillet-chicken-broccoli-and-cheese-veggie-tot-pie/>
- <https://www.laaloosh.com/2016/06/30/mediterranean-baked-tilapia-recipe-3-smart-points/>