

Menu Plan: Week of July 26, 2020



Oh my gosh, we're back! I am returning to sharing weekly menu plans!

Here's what I look for in a weekly menu:

Diversity in the type of cuisines and proteins

A menu that gets me tacos

Snacks - usually fresh fruits and veggies

A menu that includes cheese

Lunch recipes I can make Sunday or Monday and eat 2-3 times so I'm not spending all week cooking

I've based the menu on the current #MyWW blue approach plan, and the minimum Points allowance per day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Simple Nourished Using Slow Cooker Dinner: Beef Stew Casserole (30)	Simple Nourished Using Slow Cooker Dinner: Beef Stew Casserole (30)	Simple Nourished Using Slow Cooker Dinner: Beef Stew Casserole (30)	Simple Nourished Using Slow Cooker Dinner: Beef Stew Casserole (30)	Simple Nourished Using Slow Cooker Dinner: Beef Stew Casserole (30)	Simple Nourished Using Slow Cooker Dinner: Beef Stew Casserole (30)	Simple Nourished Using Slow Cooker Dinner: Beef Stew Casserole (30)
Snacks Bananas, & almonds (1)	Snacks Apples, Grapes	Snacks Bananas, & almonds (1)	Snacks Apples, grapes	Snacks Bananas	Snacks Cherry tomatoes	Snacks Egg whites and Veggie Fritata (2), Roasted Asparagus (1), english muffin (1)
Breakfast Casserole (30)	Breakfast Casserole (30)	Breakfast Casserole (30)	Breakfast Casserole (30)	Breakfast Casserole (30)	Breakfast Casserole (30)	Breakfast Casserole (30)
Lunch Mediterranean Boudin Beef (1)	Lunch Mediterranean Boudin Beef (1)	Lunch Mediterranean Boudin Beef (1)	Lunch Mediterranean Boudin Beef (1)	Lunch Mediterranean Boudin Beef (1)	Lunch Mediterranean Boudin Beef (1)	Lunch Mediterranean Boudin Beef (1)
Snacks Apples, Cherry sticks (1)	Snacks Bananas	Snacks Apples, Cherry sticks (1)	Snacks Bananas	Snacks Apples	Snacks Grapes	Snacks Bananas
Dinner Mediterranean Boudin Beef (1), Beef Stew (1), Beef Stew (1), Beef Stew (1)	Dinner Mediterranean Boudin Beef (1), Beef Stew (1), Beef Stew (1), Beef Stew (1)	Dinner Mediterranean Boudin Beef (1), Beef Stew (1), Beef Stew (1), Beef Stew (1)	Dinner Mediterranean Boudin Beef (1), Beef Stew (1), Beef Stew (1), Beef Stew (1)	Dinner Mediterranean Boudin Beef (1), Beef Stew (1), Beef Stew (1), Beef Stew (1)	Dinner Mediterranean Boudin Beef (1), Beef Stew (1), Beef Stew (1), Beef Stew (1)	Dinner Mediterranean Boudin Beef (1), Beef Stew (1), Beef Stew (1), Beef Stew (1)
Snacks 1/2 cup of ice cream (1)	Snacks Cherry tomatoes	Snacks Frozen grapes	Snacks 1/2 cup of ice cream (1)	Snacks Frozen grapes	Snacks Frozen grapes	Snacks Frozen grapes

This week's recipes:

<https://simple-nourished-living.com/slow-cooker-southwest-breakfast-casserole/>

<https://www.hungry-girl.com/recipes/cauliflower-fried-rice-breakfast-bowl>

<https://www.skinnytaste.com/buddha-bowl/>

<https://emilybites.com/2016/06/antipasto-salad.html>

<https://drizzlemeskinny.com/french-onion-chicken/>

<https://www.laaloosh.com/2016/11/10/chipotle-shrimp-tacos-recipe/>

<https://www.skinnytaste.com/halibut-and-shellfish-soup/>

<https://www.skinnytaste.com/air-fryer-chicken-milanese/>

<https://www.hungry-girl.com/recipe-makeovers/pizza-potatoes>