

## Menu Plan: Week of August 16, 2020



This week's menu plan includes my faaaaaavorite Emeril Lagasse vegetarian chili, a couple fun snack and dessert ideas - not just fresh fruits and veggies, and GameDay and takeout options, too! Check it out!

A screenshot of a weekly menu plan table with columns for Monday through Sunday. Each day has a main meal, a snack, and a dessert listed with ingredients and preparation instructions. The table is overlaid on the same colorful geometric background as the header graphic.

This week's recipes:

- <http://rachelshealthyplate.com/sweet-potato-hash-with-sausage-apples-and-brussels-sprouts/>
- <https://www.emerils.com/130232/vegetarian-chili>
- <https://emilybites.com/2015/05/eggplant-parmesan-casserole.html>
- <https://www.weightwatchers.com/us/recipe/no-cook-peanut-buttery-cookie-dough-bites/5626a643271fc584086ca89b>
- <https://emilybites.com/2018/07/spanish-chicken-and-rice-skillet.html>
- <https://popculture.com/healthy-living/2015/12/29/recipe-slow-cooker-chicken-fajitas/>
- <https://www.skinnytaste.com/baked-apple-cider-chicken-and-cabbage/>
- <https://www.recipegirl.com/grilled-marinated-shrimp/>
- <https://www.weightwatchers.com/us/recipe/smashed-avocado-and-egg-toast/5b7c756aa330b404bf8f41f3>
- <https://www.skinnytaste.com/maple-pecan-cheesecake-shooters/>
- <https://skinnyms.com/spinach-quiche-with-sun-dried-tomatoes-recipe/>
- <https://www.laaloosh.com/2018/06/06/tuna-and-garbanzo-bean-salad-recipe/>
- <https://www.weightwatchers.com/us/recipe/turkey-chili-by-chef-eric-greenspan/5b885b41fc2a4203d634b6e0>
- <https://www.skinnytaste.com/spaghetti-with-creamy-butternut-leek/>