

Menu Plan: Week of August 2, 2020



So it's my biiiiiiiiirthday 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!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Diva and the Divine Pumpkin Spice Overnight Oats (1)	Divide Me Dining Apple French Toast Sandwiches (6)	Diva and the Divine Pumpkin Spice Overnight Oats (1)	Divide Me Dining Apple French Toast Sandwiches (6)	1 hard-boiled egg (1)	Diva and the Divine Hugoblog's Egg Sandwiches (1) with 2 slices of ham (1)	Divide Me Dining Apple French Toast Sandwiches (6)
Snack Nana's Baked Bites (2)	Apple, 6 almonds (1)	Nana's Baked Bites (2)	Apple, 6 almonds (1)	Nana's Baked Bites (2)	Apple, 6 almonds (1)	Apple, 6 almonds (1)
Lunch Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Hungry Girl Chop Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Hungry Girl Chop Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)
Snack Apple, 6 almonds (1)	Nana's Baked Bites (2)	Nana's Baked Bites (2)	Nana's Baked Bites (2)	Nana's Baked Bites (2)	Nana's Baked Bites (2)	Nana's Baked Bites (2)
Dinner Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)	Divide Me Dining Pumpkin Spice Ranch Chicken Salad (1), 1/2 cup of pumpkin seeds (1), 1/2 cup of walnuts (1)
Snack 1/2 cup of pumpkin seeds (1)	Apple, 6 almonds (1)	Apple, 6 almonds (1)	Apple, 6 almonds (1)	Apple, 6 almonds (1)	Apple, 6 almonds (1)	Apple, 6 almonds (1)

This week's recipes:

- <http://divaandthedivine.com/pumpkin-overnight-oats/>
- <https://drizzlemeskinny.com/apple-cinnamon-french-toast-sandwiches/>
- <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/>