

# Meal Plan 1

## Breakfast

Baked Oatmeal Cups With Raisins and Walnuts

## Lunch

Spinach Salad With Quinoa, Chickpeas, and Paprika Dressing

## Dinner

Curried Chicken With Couscous

## Breakfast

Slow Cooker Steel-Cut Apple Cinnamon Oatmeal

## Lunch

Slow Cooker Cheesy Chicken Enchiladas

## Dinner

Garlic Basil Shrimp With Zucchini Noodles

## Breakfast

Spinach and Broccoli Strata

## Lunch

Roasted Pumpkin, Sweet Potato, and Brown Rice Pilaf

## Dinner

Turkey Burgers

## Breakfast

Slow Cooker Steel-Cut Apple Cinnamon Oatmeal

## Lunch

Turkey Burgers

## Dinner

Pulled Chipotle Chicken With Cilantro Slaw

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Baked Oatmeal Cups With Raisins and Walnuts.

## Lunch

Pulled Chipotle Chicken With Cilantro Slaw

## Dinner

Garlic Basil Shrimp With Zucchini Noodles