

# Meal Plan

This Fit Kitchen

	Breakfast	Lunch	Dinner
Monday	Peanut butter cup overnight oats	Grilled chicken & roasted sweet potato salad	Chipotle pork & rice bowl
Tuesday	Strawberries and cream overnight oats	Chicken & broccoli pesto bowl	Chicken taco salad
Wednesday	Peanut butter cup overnight oats	Buffalo chicken salad	Grilled chicken & roasted sweet potato salad
Thursday	Strawberries and cream overnight oats	Chicken Taco Salad	Pulled pork poutine on sweet potato
Friday	Peanut butter cup overnight oats	Chicken & broccoli pesto bowl	Grilled chicken & roasted sweet potato salad
Saturday	Strawberries and cream overnight oats	Pulled pork poutine on sweet potato	FREE MEAL