♥ Weekly Meal Plan ♥

Monday: **Eggroll in a Bowl**

Recipe Here: http://bit.ly/eggrollbowl or

http://bit.ly/eggrollbowl2

Note: First recipe is simpler, but second recipe is a little tastier.

Both are delicious. This is a favorite meal at our house. Super easy and tastes like take out.

Tuesday: **Instant Pot Taco Soup**

Recipe Here: http://bit.ly/iptacosoup

Note: These recipe instructions are INSTANT POT instructions! You're Welcome ☺

If you don't have an IP you could definitely just make this in a pot on the stove.

Wednesday: **Spaghetti Squash Carbonara**

Recipe Here: http://bit.ly/2t6eaDn

Note: Another spaghetti squash recipe…can you tell I love pasta and am trying so desperately to avoid it? Again, cook the squash in the Instant Pot to make things go faster.

After I cooked my squash I would transfer it to a plate to cool and mix/cook everything else in the pot on sauté mode.

One pot = less dishes = WIN

Thursday: **Stir fry with brown rice**

Recipe Here: http://bit.ly/2sDUObC

Instant pot brown rice here: http://bit.ly/2rAx7ML

Note: You could also serve this with some simple Asian style noodles.

Friday: **Strawberry Avocado Spinach Salad**

Recipe Here: http://bit.ly/2stRkIa

Note: This sort of salad is not something I would normally go for but I tried it and it's SO. DARN. GOOD. And would be even easier if you used a pre-made dressing. Just be sure you check the sugar in your dressing. Store bought salad dressings can have a TON of sugar in them. Always check your labels.

I will definitely have Daddy Darnell grill some chicken for this one.

♥ Shopping List ♥

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