♥ Weekly Meal Plan ♥

Monday: tomato basil artichoke baked chicken

Side: asparagus and rice

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

Note: We have been loving this easy asparagus recipe http://bit.ly/2unAbk7

I always cook my rice in my Instant Pot following this recipe http://bit.ly/2v1fBE7

tuesday: pot roast

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

Note: Pot roast in your INSTANT POT?! You're Welcome. Also, cooking with wine is a great excuse to have a glass….

Wednesday Crock Pot Stuffed Bell Peppers

Recipe Here: http://bit.ly/2vm1Kb4

Note: I use my Instant Pot on Slow Cook mode ☺

thursday: Beef Stroganoff over Low Carb Noodles

Recipe Here: http://bit.ly/2tc1AGr

Note: I serve with "Dreamfields" pasta to keep this one relatively low carb. We all need a little comfort food now and then right?

Friday: Greek Salad

Recipe Here: http://bit.ly/2v0OtFk

Note: I will most likely add some shredded chicken to this recipe just to make it stretch a little further (because Daddy Darnell is always starving.)However, the chickpeas should be plenty of protein alone for this salad to be pretty filling.

♥ Shopping List ♥

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