

# Weekly Meal Plan # 1

Ahna Fulmer // [HammersN'Hugs.com](http://HammersN'Hugs.com)

## Shopping List



Mon

Sheet Pan Honeyed Salmon & Carrots



Tue

Egg Roll in a Bowl



Wed

Slow Cooker Tomato Beef Steak  
Crispy Roasted Garlic Potatoes



Thu

Blueberry Cinnamon Baked Oatmeal & Sausages



Fri

Easy Vegetable Beef Stew  
& Garlic Bread

