

# Weekly Meal Plan #3

Ahna Fulmer // [HammersNHugs.com](http://HammersNHugs.com)

## Grocery List



Mon

Skillet Ham & Cauliflower Stir Fry.



Tue

Sheet Pan Fajita Salmon & Green Beans



Wed

Slow Cooker Honey Garlic Meatballs & Brussel Sprouts



Thu

Banana Cinnamon Baked Oatmeal & Bacon



Fri

Shrimp Fried Quinoa

