

Weekly Meal Plan

Ahna Fulmer // HammersNHugs.com

Grocery List



Mon

Sheet Pan Honeyed
Salmon & Carrots



Tue

Skillet Ham and
Cauliflower Stir Fry



Wed

Slow Cooker Honey Garlic
Meatballs With Roasted Sweet
Potatoes & Brussel Sprouts



Thu

Broccoli Cheddar
Quinoa Casserole



Fri

Smokey Ham & Cheese
Egg Casserole

