

Breakfast

Lunch

Dinner

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M

Scrambled
Eggs with
Turkey
Sausage

Avocado and
Bacon
Chicken Salad

Mustard
Baked Chicken
Tenders &
Oven Baked
Zucchini Chips

T

Veggie
Breakfast
Cups

Leftover
Mustard
Baked
Chicken

Marinated
Turkey
Breast with 10
Min Green
Beans

W

Herb
Turkey Egg
Wrap

Bacon
Chicken
Ceasar
Casserole

Chili Soy
Salmon &
Crispy Baked
Kale Chips

Th

2 Minute
Omlette in a
Mug

Tuna Spring
Rolls

Healthy and
Easy Beef
Fajitas

F

Eggs & Bacon

Leftover
Beef Fajitas

Low Carb
Pizza
Casserole