

# WEEK 1 MEAL PLAN

BEAUTYFROMBURNTTOAST

## DAY 1

---

Fall Vegetable Soup  
with  
Family Popovers

## DAY 2

---

Turkey Tacos  
with  
Quick Cabbage Carrot  
Slaw

## DAY 3

---

Shrimp Fried Rice with  
Easy Baked Spring Rolls

## DAY 4

---

Roasted Garlic  
Fettuccine with side  
salad

## DAY 5

---

Make your own French  
Bread Pizzas