

# WEEK 5 MEAL PLAN

BEAUTYFROMBURNTTOAST

## DAY 1

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Quick Tomato Basil  
Soup with Grilled  
Cheese Croutons

## DAY 2

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One Pan Chicken and  
Veggie Rice Skillet

## DAY 3

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Asian Meatballs over  
Rice with Steamed  
Broccoli

## DAY 4

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Sweet Chili Lime Shrimp  
over steamed rice  
with  
snap peas

## DAY 5

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Orecchiette with  
Sausage and Garlicky  
Greens