

# WEEK 6 MEAL PLAN

BEAUTYFROMBURNTTOAST

## DAY 1

---

Pumpkin Pasta with  
Salad and Popovers

## DAY 2

---

Sheet Pan Sausage and  
Veggies

## DAY 3

---

Turkey, Black Bean and  
Veggie Chili with Corn  
Bread Muffins

## DAY 4

---

Take it Easy Taco Night

## DAY 5

---

Mushroom Rosemary  
Chicken with Egg  
Noodles