



# Healthy Meal Plans for Fall & Winter

## Four Weeks at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<a href="#">Healthy Shepherd's Pie</a> or <a href="#">Stove Top Shepherd's Pie</a>	<a href="#">Salsa Lime Chicken Taquitos</a> (make double batch of chicken for bowls or salads on Thursday)	<a href="#">Healthy Alfredo Sauce</a> over pasta topped with grilled chicken + broccoli	<a href="#">Salsa Lime Chicken</a> bowls or salads	<a href="#">Buffalo Chicken Chili</a>
<b>Week 2</b>	<a href="#">Sweet Potato and Black Bean Chili</a>	<a href="#">Baked Lemon Garlic Chicken</a> with <a href="#">Loaded Cauliflower Mash</a>	<a href="#">Pumpkin Pasta with Spicy Sausage</a>	<a href="#">Zuppa Toscana</a>	<a href="#">Pork Chops with Goat Cheese Butter</a> with <a href="#">Warm Honey Roasted Butternut Squash Salad</a>
<b>Week 3</b>	<a href="#">Low Carb Stuffed Pepper Soup</a>	<a href="#">Healthy Buffalo Chicken Taquitos</a> with raw carrots and celery	<a href="#">Asian Pork Tenderloin</a> with <a href="#">Freezer Friendly Brown Rice</a> and Green Beans	<a href="#">Lazy Zucchini Enchilada Skillet</a>	<a href="#">Sloppy Joe Stuffed Sweet Potatoes</a>
<b>Week 4</b>	<a href="#">Meatloaf and Mashed Potatoes with Carrots</a> or <a href="#">Momma's Meatloaf</a>	<a href="#">Taco Stuffed Acorn Squash</a>	<a href="#">Maple BBQ Chicken</a> or <a href="#">BBQ Chicken</a> with <a href="#">Delicata Squash Fries</a>	<a href="#">Sausage Broccoli Pasta</a>	<a href="#">Chicken Tortilla Soup</a> or <a href="#">Slow Cooker Chicken Tortilla Soup</a>