

MAY Meal Planner

Sunday Soup/Slow Cooker/IP	Monday Leftovers	Tuesday Tacos	Wednesday Sheet Pan	Thursday Noodles	Friday Bowl	Saturday Anything Goes
					1 Roasted cauliflower burrito bowls- (Pinch of Yum)	2 Honey mustard chicken salad (Damn Delicious)
3 Spicy black bean soup (Cookie and Kate) - serves 6	4 Leftover Soup	5 Sheet Pan Cauliflower Tacos (Live Simply)	6 Sheet pan garlic butter salmon (Damn Delicious)	7 Zucchini noodles, homemade pasta sauce (or store bought) mixed with lentils	8 Whole 30 fish taco bowls (Eat the Gains)	9 Best ratatouille recipe (Cookie and Kate)
10 Slow cooker rotisserie chicken (Damn Delicious) w/ sweet potatoes, veggies - serves 6	11 Leftovers	12 Easy chicken tacos (Damn Delicious)	13 Sheet pan chicken pitas (Pinch of Yum)	14 Spaghetti with chickpeas and kale (Two peas & their pod)	15 Roasted cauliflower burrito bowls- (Pinch of Yum)	16 Roasted broccoli and grilled cheese melt (Two peas & their pod)
17 Sweet potatoes with goat cheese and lentils (A Couple Cooks) - serves 4-6	18 Leftovers	19 Sheet Pan Cauliflower Tacos (Live Simply)	20 Sheet pan garlic butter salmon (Damn Delicious)	21 Zucchini noodles, homemade pasta sauce (or store bought) mixed with lentils	22 Whole 30 fish taco bowls (Eat the Gains)	23 Burgers with chickpea quinoa salad (Emily Rix), sweet potato fries
24 Instant pot mushroom risotto (Damn Delicious) - serves 6	25 Leftovers	26 Easy chicken tacos (Damn Delicious)	27 Sheet pan chicken pitas (Pinch of Yum)	28 Spaghetti with chickpeas and kale (Two peas & their pod)	29 Bowl: baked sweet potatoes , black beans, quinoa, avocado, bell pepper	30 Out to eat / Date night / Pizza night
31 Repeat a favorite!						

Breakfast Ideas	Lunch Ideas	Snack Ideas
<p>Overnight oats with berries - Emily Rix</p> <p>Apple cinnamon quinoa bowls- Emily Rix</p> <p>Gluten free banana bread- Live Simply</p> <p>Breakfast burrito bowls - Paleo Running Mama</p>	<p>Southwestern Kale Salad -Cookie and Kate</p> <p>Salad with baked sweet potatoes (Emily Rix), roasted chickpeas, avocado and lemon tahini dressing</p> <p>"20 lunches you can meal prep on Sunday" - The Everygirl</p>	<p>Instant pot hard boiled eggs- Emily Rix</p> <p>Chocolate chia pudding- The Natural Nurturer</p> <p>Protein peanut butter bites- Ambitious Kitchen</p> <p>Smoothies</p>
Dessert	Kids	
<p>Chocolate zucchini bread brownies (Rachl Mansfield)</p> <p>Chocolate chunk oatmeal cookies (Rachl Mansfield)</p>	<p>Apple cinnamon paleo muffins - The Natural Nurturer</p> <p>Veggie loaded chocolate pancakes- The Natural Nurturer</p> <p>Vegan sweet potato banana oatmeal muffins- Rachl Mansfield</p>	