

WEEK OF OCTOBER 19TH

EASY MEAL PLAN

MON

Favorite Veggie Burgers

I have high standards for veggie burgers, and these put all the rest to shame.

TUE

Ten Minute Tuna Tostadas

Uses pantry staple tuna as the base and then some spices, cheese, and whatever chopped veggies you have on hand!

WED

Chicken Marsala

A restaurant-quality Chicken Marsala you can make right from the comfort of your own kitchen.

THU

PC Caribbean Chicken & Rice Bowl

This rice bowl is sweet and spicy with a taste of island life! You're gonna love it!

FRI

Life Changing Crispy Fried Pizzas

Delicately crispy exterior, softest chewy insides, glamorously golden brown, ZERO percent greasy.

SAT

Loaded Slow Cooker Chili

Take your chili game up 10 notches with this completely loaded, hearty, delicious slow cooker/instant pot chili!

