

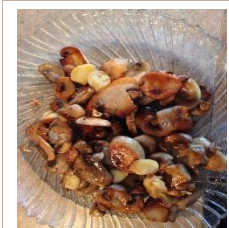
Menu Plan

Week 3



Sunday

Steak Baked Potatoes and Vegetables



Monday

Pork Spareribs with Mashed Potatoes and Vegetables



Tuesday

Breakfast for Dinner



Wednesday

Spaghetti

Thursday

Baked Chicken Breast with Vegetables

Friday

Chicken Wings and Oven Baked Fries

Saturday

Pork chops with Potatoes and Vegetables

