



# Cottage MEAL PLAN



	BREAKFAST	LUNCH	DINNER
SAT	Ricotta, Tomato & Spinach Frittata	Charcuterie Board (Cheese, Crackers, Cured Meats)	Grilled Steak, Fries & Asparagus
SUN	Ham & Cheese Croissant with Fresh Fruit	Rotisserie Caesar Chicken Sandwiches	Grilled Chicken Wings, Shrimps & Veggies
MON	Scrambled Eggs, Bacon, and Toast	Grilled Hot Dogs, Sausages & Potato Salad	Lasagna & Salad
TUE	Greek Yogurt with Honey, Granola, and Berries	Rotisserie Chicken Cobb Salad	Grilled Salmon & Vegetables with Rice
WED	Avocado & Egg on Toast	Chicken Noodles Soup & Garlic Toast	BBQ Burgers, Fries & Coleslaw
THU	Potato Hash and Ham with Fresh Fruit	Salami, Cheese & Arugula Sandwiches	Grilled Chicken Skewers with Veggies
FRI	Avocado & Tomato on Toast	Caprese Sandwiches	<u>Grilled Ribs</u> (recipe from Taste of Home) Corn Salad
SAT	Cottage Cheese & Berries on Toast	Enjoy leftovers	Enjoy leftovers or whip up something fresh with remaining ingredients – perfect for a hassle-free final meal!

*Snacks & Desserts*

Chips & Guacamole  
Banana, Apple, or Pumpkin Bread  
S'mores Night  
Pina Colada Grilled Pineapple  
(recipe from Taste of Home)

