

52 Weeks of No-Repeat Meal Plan List Week #3

Dinner

- ❖ [Spice Sausage Pasta Bake](#)
- ❖ [Mexican Pizza](#)
- ❖ [Meat & Potato Parsley Soup](#)
- ❖ [Grilled Blackened Chicken](#) with [Black Bean Salsa](#)
- ❖ [Chicken Vegetable Chowder](#)
- ❖ [Grilled Fish Tacos](#) and [Pretty, Yummy Fruit Salad](#)
- ❖ [Turkey Meatloaf Muffins](#)

Breakfast

- ❖ [Sinfully Delicious Chocolate Chip Yogurt Parfait](#)
- ❖ [Peanut Butter & Chocolate French Toast](#)
- ❖ [Breakfast Burrito Quesadillas](#)
- ❖ [Two-Potato Frittata](#)
- ❖ [Blueberry Tart](#)

Lunch

- ❖ [Tuna Salad Sandwiches](#)
- ❖ [Chopped Thai Chicken Salad](#)
- ❖ [Pizza Pocket Sandwich](#)

Snacks

- ❖ [Mint Cheesecake Cups](#)
- ❖ [Chocolate Chex Mix](#)
- ❖ [Chocolate Oatmeal No Bake Cookies](#)