

# MEAL PLAN

## Week 11



Visit [thegestationaldiabetic.com](http://thegestationaldiabetic.com) for prep

	MON	TUE	WED	THU	FRI	SAT
<b>BREAKFAST</b>	PB&J Sandwich	1 Egg & <u>Pumpkin Scone</u>	PB&J Sandwich	Leftover Pumpkin Scone (2 servings)	<u>Breakfast Burrito Casserole</u>	Leftover Burrito Casserole
<b>LUNCH</b>	<u>Tuna Salad w/ Crackers</u> & Fresh Bell Peppers & Cream Cheese	Leftover Salmon & Veggies	Leftover Mediterranean Chicken & Veggies	Leftover Sloppy Joes	Leftover Ropa Vieja	Leftover BBQ Chicken Quesadilla
<b>DINNER</b>	<u>One Pan Salmon &amp; Veggies</u>	<u>One Pan Mediterranean Chicken &amp; Veggies</u>	<u>Healthy Sloppy Joes</u>	<u>Pressure Cooker Ropa Vieja</u>	<u>BBQ Chicken Quesadilla</u>	<b>Eat out or leftovers</b>
<b>SNACKS</b>	Popcorn  Blueberry Coconut Yogurt Parfait	Protein Smoothie  Leftover Tuna	Bell Peppers & Cream Cheese  Leftover Pumpkin Scone	Protein Smoothie  Blueberry Breakfast Cake & Coconut Yogurt	Blueberry Breakfast Cake & Coconut Yogurt 1/2 PB&J	Popcorn  Blueberry Breakfast Cake & Coconut Yogurt

Want to eat out? Click [here](#) for low carb fast food & restaurant menu reviews.