



Meal Plan - Asian Inspired

MONDAY



**Egg Roll
in a Bowl**

TUESDAY



**Sticky
Chinese Wings**

WEDNESDAY



**Spicy Cucumber
Tuna Sushi
Rolls**

THURSDAY



**Chicken
Chow Mein**

FRIDAY



Pot Stickers

SUNDAY



**Oriental Chicken
& Broccoli**

DESSERT



Chinese Almond Cookies

SIDE DISHES



**Ramen Noodle
Salad**



**Vegetable
Fried Rice**

SNACKS & BEVERAGES



**Fresh
Spring Rolls**



Orange Iced Tea

*Click on the photos for recipes or
search on CraftwithTammy.com*

Saturday is a day off: Enjoy a date night or delicious leftovers!