

# MEAL PLAN FOR A *Ski Trip*

## DAY ONE

**BREAKFAST**  
Overnight Oats

**LUNCH**  
Chicken Meatball Soup

**DINNER**  
Tex-Mex Chili

## DAY TWO

**BREAKFAST**  
Yogurt Parfaits

**LUNCH**  
Tex-Mex Chili

**DINNER**  
Fancy Pants Chicken, Egg  
Noodles

## DAY THREE

**BREAKFAST**  
Overnight Oats

**LUNCH**  
Chicken Meatball Soup

**DINNER**  
Pork Tenderloin, Rice,  
Spinach

## DAY FOUR

**BREAKFAST**  
Yogurt Parfaits

**LUNCH**  
Tex-Mex Chili

**DINNER**  
BBQ Chicken Sandwiches