



## 2 WEEK MEAL PLAN {WINTER INSPIRED}



## WEEK 1

## Breakfast

## Lunch

## Dinner

Sun	<a href="#">GF Protein Waffles</a> & bacon (double waffle recipe)	<a href="#">Lentil pasta</a> w/ pan cooked seasonal veg/butter sauce made f/pasta water/parm	<a href="#">Spatchcock whole chicken</a> , honey roasted squash, <a href="#">creamy veggie skillet</a> (save some chicken for Tues dinner)
Mon	<a href="#">Baked Egg Cups</a> (prep this Sunday night into muffin pan), sausage, bananas (save leftover eggs for Tues/Thurs for mom)	Kids: waffle PBJ sandwich using waffles f/ Sun, carrots/cucumber, apple, hard boiled egg Mom: Leftover lentil pasta f/ Sun	<a href="#">Creamy broccoli soup</a> , crispy chicken, <a href="#">garlic bread muffins</a> . *Make double soup & crispy chicken for leftovers
Tues	Oatmeal w/ raisins, chia seed, flax seed meal, collagen, coconut milk, honey (mom has leftover baked egg cups f/ Mon)	Creamy broccoli soup & garlic bread muffins left f/ Mon dinner, hard boiled egg, grapes, other sides as needed	<a href="#">Sweet &amp; Sour Chicken &amp; veggies</a> with rice (use chicken leftover f/ Sun)
Wed	Carrot Breakfast Muffins, sausage, scrambled eggs (make muffins night before or weekend prep day into freezer) (muffins will be on the blog soon!)	Kids: <a href="#">GF Pizza Muffins</a> f/ freezer, salad, meat stick, olives, fruit pouch Mom: Sweet & Sour Chicken leftovers	<a href="#">10 Min Sheet Pan Fish Tacos</a> ( <a href="#">tortillas</a> f/ freezer prep day or use store bought). Guac & coleslaw & other toppings
Thurs	<a href="#">Baked Oatmeal w/ apples</a> , coconut yogurt (mom has last of baked egg cups f/ Mon) (Freeze leftover oatmeal for another time)	Kids: <a href="#">Green Soup</a> f/freezer, muffin f/breakfast Wed w/butter, clementine, trail mix Mom : Green Soup/muffin/ fried egg	<a href="#">30 Minute Mini Meatloaf &amp; Sheet Pan Roasted Veggies</a> dinner
Fri	<a href="#">Trail Mix Breakfast Cookies</a> & hard boiled eggs (make both the night before. Freeze leftover cookies for another Friday)	Crispy chicken left f/ Mon, frozen peas/carrots, <a href="#">Chocolate banana energy bites</a> f/pantry, apple Mom: Crispy chicken & coleslaw wrap	Pizza Night! <a href="#">Namaste Crust Mix</a> , veggies, pepperoni. <a href="#">Caesar</a> Salad
Sat	<a href="#">Frittata</a> w/ potatoes, bacon, & veg left from the week, leftover fruit f/ the week	<a href="#">Winter veg soup</a> , <a href="#">blender applesauce muffins</a> (freeze leftovers for next wk), banana w/PB	Steak or hamburgers, sweet potato fries, <a href="#">kale chips</a>

## WEEK 2

## Breakfast

## Lunch

## Dinner

Sun	<a href="#">GF Protein Waffles</a> & bacon (double waffle recipe)	<a href="#">Lentil pasta</a> w/ pan cooked seasonal veg/butter sauce made f/pasta water/parm	<a href="#">Beef Roast</a> , mashed potatoes, pan-cooked broccoli/carrot/cabbage (save some beef for Mon dinner)
Mon	<a href="#">Egg Casserole</a> (prep this Sunday night into the pan), sausage, clementine (save leftover eggs for Tues/Thurs for mom)	Kids: waffle PBJ sandwich using waffles f/ Sun, pickles, bell peppers, apple, <a href="#">coconut clusters</a> Mom: Leftover lentil pasta f/ Sun	<a href="#">Beef Noodle Soup</a> (use beef f/ last night), salads
Tues	Oatmeal w/ banana, chia seed, flax seed meal, collagen, coconut milk, honey (mom has leftover egg casserole f/ Mon)	Kids: Beef Noodle Soup f/ Mon dinner, clementine, celery w/ PB Mom: Smoothie or soup if enough leftover	<a href="#">20 Minute Skillet Chicken &amp; Kale w/ Garlic Mushroom Sauce</a> (save a serving for mom lunch Wed)
Wed	<a href="#">Apple Breakfast Muffins</a> , sausage, scrambled eggs (make muffins night before or weekend prep day into freezer)	Kids: <a href="#">Tuna Salad</a> w/ crackers or wrap, veg sticks, apple, chips Mom: Tues dinner leftovers	<a href="#">Meatball skillet</a> with seasonal veg & pasta (make double meatballs to set aside for lunch-boxes)
Thurs	Waffles f/ freezer stash w/ almond butter, & coconut yogurt (mom has last of egg casserole f/ Mon)	All: <a href="#">Winter Veg Soup</a> & <a href="#">blender applesauce muffins</a> both f/ freezer (see last Sat), dried figs/cheese/olives/nuts	<a href="#">Veggie Fried Rice</a> (this has eggs scrambled in)
Fri	Apricot Breakfast Cookies & hard boiled eggs (make both the night before) (cookies coming to the blog soon!)	Plain meatballs f/ Wed dinner w/marinara dip, salad, apples, <a href="#">granola bar</a> Mom: Veggie fried rice left f/ Th dinner	Pizza Night! <a href="#">Namaste Crust Mix</a> , veggies, pepperoni. <a href="#">Olive Garden Italian Salad</a>
Sat	<a href="#">Frittata</a> w/ potatoes, bacon, & veg left from the week, leftover fruit f/ the week	Winter Charcuterie board: pita/hummus or olive oil dipping, oranges, kale chips, etc	<a href="#">Chili</a> & <a href="#">cornbread</a> (freeze leftovers for next week)