



2 WEEK MEAL PLAN {WINTER INSPIRED}



WEEK 1

Breakfast

Lunch

Dinner

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

WEEK 2

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	Lentil pasta w/ pan cooked seasonal veg/butter sauce made f/pasta water/parm	Beef Roast , mashed potatoes, pan-cooked broccoli/carrot/cabbage (save some beef for Mon dinner)
Mon	Egg Casserole (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, coconut clusters Mom: Leftover lentil pasta f/ Sun	Beef Noodle Soup (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	20 Minute Skillet Chicken & Kale w/ Garlic Mushroom Sauce (save a serving for mom lunch Wed)
Wed	Apple Breakfast Muffins , sausage, scrambled eggs (make muffins night before or weekend prep day into freezer)	Kids: Tuna Salad w/ crackers or wrap, veg sticks, apple, chips Mom: Tues dinner leftovers	Meatball skillet 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: Winter Veg Soup & blender applesauce muffins both f/ freezer (see last Sat), dried figs/cheese/olives/nuts	Veggie Fried Rice (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, granola bar Mom: Veggie fried rice left f/ Th dinner	Pizza Night! Namaste Crust Mix , veggies, pepperoni. Olive Garden Italian Salad
Sat	Frittata 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	Chili & cornbread (freeze leftovers for next week)

