



2 WEEK MEAL PLAN {WINTER INSPIRED}



WEEK 3

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	Egg salad w/ almond crackers or tortilla , kale chips (double for lunchboxes), peppers, apple. (double egg salad for mom lunch Tues)	Slow Roasted Chicken & gravy, mashed sweet potatoes, roasted seasonal veggies. (Save leftover 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 w/ hummus cup , kale chips left f/ Sun, clementine. Mom: egg salad f/ Sun on salad	White Chicken Chili , salad, GF pumpkin biscuits (save leftovers for lunches Tues)
Tues	Oatmeal w/ dates, chia seed, flax seed meal, collagen, coconut milk, honey (mom has leftover baked egg cups f/ Mon)	Kids: White chicken chili & pumpkin biscuit w/ butter f/ Mon, banana, other sides as needed. Mom: White chicken chili, biscuit, salad.	Restaurant Style Chicken, Veg, & Pasta with garlic cream sauce
Wed	Banana Protein Mini Muffins , sausage, scrambled eggs (make muffins night before or weekend prep day into freezer)	Kids: Crackers /cheese/deli meat, granola bar , pickles, carrots/hummus, dried figs Mom: Freezer soup stash, crackers & fried egg	Skillet Stuffed Peppers (save leftovers for Thurs thermos lunch), salads if needed
Thurs	Leftover Baked Oatmeal f/ freezer, eggs or sausage (See Winter Meal Plan 1 baked oatmeal that went into freezer)	Kids: Skillet stuffed peppers f/ Wed in thermos, apple, other sides if needed Mom : leftovers if any f/ week or smoothie	Sheet Pan BBQ Chicken and Roasted Veggies (Make extra roasted veg to make Garden Quesadilla for Fri Lunchboxes)
Fri	Molasses Protein Breakfast Cookies & hard boiled eggs (make both the night before. Freeze leftover cookies for another Friday)	Kids : Garden Party Quesadillas w/ salsa or guac, olives, clementine, trail mix Mom : Thurs BBQ chicken on salad	Pizza Night! Namaste Crust Mix , veggies, pepperoni. Salad w/ Ranch
Sat	Frittata w/ potatoes, bacon, & veg left from the week, leftover fruit f/ the week	Campbell's Copycat Vegetable Soup , almond crackers , apples with PB	Sloppy Joes over baked potato (double sloppy joes & make Sloppy Joe Bites for freezer - see next Tues lunchboxes

WEEK 4

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	GF Ramen Noodle Veggie Bowls (save some for Mom's lunch Mon)	Meatloaf , mashed potatoes, & green beans. Save some green beans for Lunchboxes Mon
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, green beans f/ Sun dinner, cheese, apples Mom: Leftover veggie ramen f/ Sun	Orange Ginger Salmon , buttered rice, roasted seasonal veg
Tues	Oatmeal w/ banana, chia seed, flax seed meal, collagen, coconut milk, honey (mom has leftover egg casserole f/ Mon)	Copycat Veg Soup f/ freezer (last Sat), Sloppy Joe Bites f/ freezer (last Sat), almonds, dates Mom: Veg soup, crackers/guac,egg	IP or slow cooker whole chicken , creamy skillet veggies , oven roasted sweet potatoes (save chicken for lunches & stew Wed)
Wed	Oat Bran Muffins , sausage, scrambled eggs (make muffins night before or weekend prep day into freezer)	Kids: Chicken left f/ Tues sprinkled w/ taco seasoning, tortilla chips & guac cups, peppers, fruit pouch, nuts. Mom: Taco seasoned chicken on salad	Chicken stew using chicken f/ Tues dinner, GF biscuits w/ butter. Double biscuits for lunchboxes, & save stew for lunchboxes Thurs
Thurs	Squash Pancakes (make batter Wed night), scrambled eggs (mom - egg casserole f/ Mon)	Kids: Chicken stew & buttered biscuits leftover f/ Wed dinner, banana. Other sides as needed Mom: Chicken stew, salad	Shepherd's Pie Loaded Baked Potatoes , salads if needed.
Fri	Flg Breakfast Cookies & hard boiled egg (make both the night before, freeze extra cookies for another Friday)	Kids: leftover pancakes f/ Thurs, yogurt w/ frozen berries & pantry granola to pour in, celery/ carrots w/ Ranch , Fruit/veg strip Mom: any leftovers or smoothie	Pizza Night! Namaste Crust Mix , veggies, pepperoni. Caesar Salad
Sat	Frittata w/ potatoes, bacon, & veg left from the week, leftover fruit f/ the week	5 Min Prep Chicken Nuggets (double into freezer for lunchboxes next wk), chips, roasted veg	Enchiladas or Slow Cooker Lasagna