



2 WEEK MEAL PLAN {SPRING INSPIRED}



WEEK 1

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	Paninis, Creamy Cabbage Soup (save leftover for lunchboxes & mom breakfast/lunch), chips, strawberries	Slow Roasted Chicken & gravy, roasted potatoes, roasted asparagus (save leftover chicken for chicken salad pinwheels Tues lunch)
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 w/ waffles f/ Sun, cabbage soup f/ Sun, apples, granola bar Mom: cabbage soup, chix salad wrap w/ chix f/ Sun (use chix salad to make pinwheels for Tues)	Sheet Pan Steak Fajitas
Tues	Oatmeal w/ strawberries, chia seed, flax seed meal, collagen, coconut milk, honey (mom has leftover baked egg cups f/ Mon)	Kids: Chicken salad pinwheels , pickles, carrots w/ hummus, clementine, almonds Mom: steak fajita leftover on a salad	Instant Pot Spring White Bean & Kale Soup , biscuits , salad w/ Italian dressing —save dressing for pizza night Friday
Wed	Lemon Poppyseed muffins , sausage, scrambled eggs (make muffins night before or weekend prep day into freezer - freeze leftover muffins)	Kids: Bean soup & biscuits f/ Tues, apples w/ PB Mom: Bean soup & salad	Spring stir fry with garlic butter sauce & GF pasta (use leftover chicken from Sun if any. Bigger families just sear up some chicken)
Thurs	Smoothies & Hard boiled eggs (could do a protein muffin or sausage for egg free families)	Kids: Copycat Pizza Lunchable (make mini flat-breads quick night before or prep day freezer) Mom: Spring stir fry leftovers	Walnut crusted crispy fish , French fries , rain-bow broccoli salad (salad can be made in advance!)
Fri	Chocolate Strawberry Breakfast Cookies & hard boiled eggs (make both the night before. Freeze leftover cookies for another Friday)	Kids : Broccoli salad f/ Thurs, kielbasa or deli meat, crackers, cheese, strawberries Mom: Fish & broccoli salad f/ Thurs	Pizza Night! Namaste Crust Mix , veggies, pepperoni. Salad w/ Italian Dressing
Sat	Frittata w/ potatoes, bacon, & spring veg left from the week, leftover fruit f/ the week	Charcuterie board lunch :: leftover veggies sticks f/ the wk, olives, fruit left f/ the week, nuts, cheese, bread or crackers with dipping olive oil	Hamburgers over loaded salads with Thousand Island dressing , sweet potato tots (make enough for lunchboxes next week)

WEEK 2

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	Grilled Cheese or Paninis, Asparagus soup (save leftover for lunchboxes & mom breakfast/lunch), GF pretzels , bananas	Spatchcock chicken w/ BBQ sauce , coleslaw , roasted sweet potato & asparagus (save leftover chicken for soup Tues)
Mon	Egg Casserole (prep this Sunday night into the pan), sausage, clementine (save leftover eggs for Tues/Thurs for mom)	Kids: waffle PBJ sandwich w/ waffles f/ Sun, Asparagus Soup f/ Sun, coconut clusters , apple Mom: Soup, tuna salad (save tuna salad for lunchboxes)	Mongolian Beef & Veggies over rice
Tues	Yogurt Breakfast Bar w/ granola , collagen, & seasonal fruit (mom has leftover egg casserole f/ Mon)	Kids: Tuna salad w/ crackers , pickles, leftover sweet potato tots f/ Sat, strawberries, almonds Mom: Leftover Mongolian Beef & Veg f/ Mon	Spring chicken noodle soup w/ leeks & rainbow carrots, GF garlic bread muffins , salads (freeze leftover muffins for another time)
Wed	Breakfast burritos (make the veggie/sausage/egg hash for the wrap the night before quick)	Kids: Chix noodle soup f/ Tues, lemon muffin f/ freezer (see last Wed), banana Mom: smoothie	Taco night! Make enough taco meat for lunchboxes Thurs. I veggie load my taco meat too)
Thurs	Strawberry Baked Oatmeal , eggs or sausage (get baked oatmeal into pan night before & bake in morning or make on prep day—freeze leftovers) (Mom leftover egg casserole)	Kids: Taco salad f/ Wed w/ veggies, guacamole cups with sweet potato crackers , clementine Mom: Taco salad	Broccoli Pesto Pasta w/ added seared chicken & extra roasted veggies. Set some of the broccoli pasta aside for lunchboxes before adding the chicken & extra veg
Fri	Lemon Breakfast Cookies & hard boiled egg (make both the night before, freeze extra cookies for another Friday)	Kids: Broccoli Pesto Pasta f/ Thurs, meat stick , apples, energy bites Mom: Chicken & Veg from Thurs night	Pizza Night! Namaste Crust Mix , veggies, pepperoni. Salad with Paleo Ranch
Sat	Frittata w/ potatoes, bacon, & spring veg left from the week, leftover fruit f/ the week	Pizza Muffins or Pizza Pinwheels doubled to freeze for next week lunchboxes, salads	Sheet Pan Nachos w/ Slow Cooker shredded beef