



2 WEEK MEAL PLAN {SPRING INSPIRED}



WEEK 3

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	Charcuterie Board Lunch :: Celery sticks w/ PB & raisins, deli meat or kielbasa, crackers, cheese, strawberries, nuts/seeds/olives, etc	Slow cooker beef roast & gravy, roasted or mashed potatoes, & asparagus (save enough beef for BBQ beef sandwiches tomorrow)
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 left f/Sun, pineapple, kale chips (prep on weekend), cheese, veggie chips Mom: veggie soup & seared chicken (prep on weekend to pull f/ this week)	BBQ Beef Sandwiches or over baked potato/sweet potato, salads w/ Ranch (could do fries if doing sandwiches)
Tues	Oatmeal w/ strawberries, chia seed, flax seed meal, collagen, coconut milk, honey (mom has leftover baked egg cups f/ Mon)	Kids: Pizza muffins f/freezer f/ WK 2 Meal Plan , salad w/ Ranch , apples w/ PB, olives Mom : veggie soup & grilled chicken f/ weekend prep)	Salmon burgers , fresh spring vegetable soup , chips or French fries (save soup for lunches tomorrow)
Wed	Strawberry Chia Muffins , sausage, scrambled eggs (make muffins night before or weekend prep day into freezer - freeze leftover muffins)	Kids: Spring soup f/Tues, Garlic bread muffins f/ freezer left f/ WK 2 Meal Plan , banana, meat stick Mom: Soup/salmon burger f/ Tues	Sheet Pan GF Chicken Nuggets , sweet potato tots or sheet pan fries , veggie platter w/ Ranch dip (double nuggets for lunchboxes)
Thurs	Smoothies & Hard boiled eggs (could do a protein muffin or sausage for egg free families)	Kids: Leftover chicken nuggets and sweet potato tots f/ Wed, pickles, clementine, trail mix Mom: smoothie or any dinner leftovers	Mango marinated chicken or fish , broccoli salad , chips or roasted sweet potato
Fri	Almond Raisin Breakfast Cookies & hard boiled eggs (make both the night before. Freeze leftover cookies for another Friday)	Kids : Broccoli salad f/ Thurs, turkey roll-ups, energy bites , apples, pretzels Mom: chicken & broccoli salad f/ Thurs	Pizza Night! Namaste Crust Mix , veggies, pepperoni. Salad w/ Caesar dressing (or dairy free Caesar)
Sat	Frittata w/ potatoes, bacon, & spring veg left from the week, leftover fruit f/ the week	Leftovers Extravaganza! Mix and match any soups, salads, leftover fruit. Add easy protein like grilled chicken or sandwiches.	Spaghetti w/ Veggie Monster Mini Meatballs (make extra meatballs for lunchboxes next week)

WEEK 4

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	Tuscan Veg Soup , grassfed hot dogs, chips (save soup for lunches)	Spatchcock Herb Roasted Chicken , coleslaw , roasted potato & asparagus (save leftover chicken for Mon dinner)
Mon	Egg Casserole (prep this Sunday night into the pan), sausage, clementine (save leftover eggs for Tues/Thurs for mom)	Kids: PBJ sandwich w/ waffles f/ Sun, Tuscan Veg Soup f/Sun, banana, granola bar (or pre-made bar) Mom: Soup, tuna salad wrap	Ginger Almond Chicken Stir Fry over rice (use the leftover chicken f/ Sun)
Tues	Paleo Pancakes w/ coconut butter, eggs or sausage (Make enough pancake/sausage for lunchboxes)	Kids: Leftover Meatballs f/ WK 3 Sat w/ marinara dip, cheese, salad w/ Caesar left f/ Fri, chips, apple Mom: Leftover stir fry f/ Mon	Sheet Pan Steak or Chicken Fajitas (in wraps or over salad) (make 2 sheet pans so there are leftovers for lunchboxes)
Wed	Breakfast burritos (make the veggie/sausage/egg hash for the wrap the night before quick)	Kids: Pancakes/sausage f/ Tues, hard boiled egg, strawberries, celery with PB & raisins Mom: smoothie or soup, or any dinner leftovers	Grilled chicken sandwiches (or over salad), roasted carrot soup , chips or baked potato
Thurs	Yogurt Breakfast Bar w/ granola , collagen , & seasonal fruit (mom has leftover egg casserole f/ Mon)	Kids: Fajita wrap f/Tues, clementine, cucumbers w/ cream cheese or guac, trail mix if needed Mom : Fajita leftover on salad	Sheet Pan Honey Mustard Fish (or chicken) w/ sheet pan roasted veg (make double veg for lunchboxes)
Fri	Ultimate Breakfast Cookies & hard boiled egg (make both the night before, freeze extra cookies for another Friday)	Kids: Leftover roasted veg f/ Thurs, PBJ or deli sandwich, apples, coconut clusters Mom: fish and veg f/ Thurs dinner, or smoothie	Pizza Night! Namaste Crust Mix , veggies, pepperoni. Salad with Avocado Bacon dressing
Sat	Frittata w/ potatoes, bacon, & spring veg left from the week, leftover fruit f/ the week	Veggie fried rice (this is a fast prep and has egg for protein—could swap for chicken), leftover fruit f/ the week	Burgers on the grill topped w/ Thousand Island , salads, sweet potato fries