



2 WEEK MEAL PLAN {SUMMER INSPIRED}



WEEK 1

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	Charcuterie board lunch :: Pesto w/ crackers & veggies to dip, deli meat or hard boiled eggs, olives, nuts/seeds, seasonal fruit	Spatchcock chicken w/ BBQ sauce , Instant Pot Potato salad , & fresh green bean salad (save leftover chicken & green bean salad for Mon, potato salad for Thurs)
Mon	Yogurt Breakfast Bar w/ granola , collagen, & seasonal fruit	Kids: waffle PBJ sandwich w/ waffles f/ Sun, leftover green bean salad f/ Sun, chips, watermelon Mom: leftover chicken & green bean salad f/ Sun	Chicken & Kale w/ Tomato Basil Cream Sauce over GF Pasta w/ the last of the chicken f/ Sun dinner
Tues	Veggie/Potato hash w/ eggs and/or sausage	Smoothies, protein muffins f/ the freezer	Taco night! Make enough taco meat for lunch Wed
Wed	Blueberry Muffins , eggs, sausage	Kids: Taco salad f/ Wed w/ veggies, guacamole w/ sweet potato crackers , cantaloupe Mom: Taco salad	Creamy Zucchini Soup , paninis (freeze leftover soup for next week!), strawberry popsicle Mom: soup & leftover grilled chicken
Thurs	Smoothies & Hard boiled eggs (could do a protein muffin or sausage for egg free families)	Grilled chicken, quick pan sauté of seasonal summer veg, leftover potato salad f/ Sun, strawberry popsicle	Salmon Burgers , sweet potato French fries , salads w/ Ranch
Fri	Peach Baked Oatmeal Cups (double for freezer for next week), yogurt or eggs	Grilled hamburgers, chips, veggie sticks w/ Ranch left f/ Thurs dinner, watermelon	Pizza Night! Namaste Crust Mix , veggies, pepperoni. Salad w/ Italian Dressing
Sat	Frittata w/ potatoes, bacon, & summer veg left from the week, leftover fruit f/ the week	PBJ or turkey sandwiches, veggie sticks w/ hummus, chips or pretzels, blueberries	Grilled steak, roasted potatoes, salads w/ dressing leftover f/ Fri Pizza night

WEEK 2

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	Grilled Cheese & Instant Pot Fresh Tomato Soup (freeze leftover soup for next week)	Instant Pot Whole Chicken w/ gravy, Rainbow Broccoli Salad , roasted potatoes or sweet potatoes (save leftover chicken & broccoli salad for Mon)
Mon	Yogurt Breakfast Bar w/ granola , collagen, & seasonal fruit	Chicken salad w/ leftover chicken f/ Sun w/ crackers or in a wrap, pickles, carrots, blueberries Mom: chicken salad on a salad	Salmon Meatballs w/ pesto , leftover broccoli salad from Sun dinner, & chips
Tues	Veggie/Potato hash w/ eggs and/or sausage	Kids: waffle PBJ sandwich w/ waffles f/ Sun, zucchini soup f/ Week 1 Wed, cantaloupe Mom: Soup, leftover chicken	Farmer's Market Veggie Spaghetti (save leftovers for tomorrow lunch)
Wed	Zucchini Muffins, hard boiled eggs or smoothie	Leftover farmers market spaghetti f/ Tues dinner, pineapple/watermelon popsicle Mom: Smoothie	Grilled BBQ Chicken, grilled or quick pan sauté seasonal summer veg, Instant Pot Potato salad (make enough of all for lunch Thurs)
Thurs	Peach Baked Oatmeal Cups f/ the freezer (see Week 1 Friday), yogurt or eggs	Leftover grilled chicken, veg, and potato salad f/ Wed dinner, strawberries	Charcuterie board dinner :: Lots of veggie sticks with Paleo Ranch to dip, GF pita bread or crackers w/ olive oil, deviled eggs, watermelon
Fri	Breakfast burritos (make the veggie/sausage/egg hash for the wrap the night before quick)	Grass-fed Hot Dogs, zucchini fritters , watermelon	Pizza Night! Namaste Crust Mix , veggies, pepperoni. Salad with Paleo Ranch leftover from Thurs dinner
Sat	Frittata w/ potatoes, bacon, & spring veg left from the week, leftover fruit f/ the week	Quick pan sauté of seasonal summer veg tossed w/ buttered red lentil pasta , seasonal fruit	Grilled hamburgers over loaded salads w/ Thousand Island dressing , green beans, French fries