



# 2 WEEK MEAL PLAN {SUMMER INSPIRED}



## WEEK 3

### Breakfast

### Lunch

### Dinner

Sun	<a href="#">GF Protein Waffles</a> & bacon (double waffle recipe)	<a href="#">Brain Boosting Egg Salad pitas</a> , quick pan cooked seasonal summer veg, peaches	<a href="#">Spatchcock chicken</a> w/ <a href="#">BBQ sauce</a> , <a href="#">Instant Pot Potato salad</a> , & Summer Broccoli Salad (save leftovers for Mon)
Mon	<a href="#">Veggie/Potato hash</a> w/ eggs and/or sausage	Kids: waffle PBJ sandwich w/ waffles f/ Sun, leftover summer broccoli salad f/ Sun, chips, watermelon Mom: grilled chicken & leftover summer broccoli salad	<a href="#">Chicken Salad Pinwheels</a> using leftover chicken f/ Sun, leftover potato salad f/ Sun, carrots/ cucumbers w/ <a href="#">Ranch</a>
Tues	<a href="#">Yogurt Breakfast Bar</a> w/ <a href="#">granola</a> , collagen, & seasonal fruit	Grassfed Hot Dogs, <a href="#">Summer Squash Soup</a> , <a href="#">Pine-apple Watermelon Popsicles</a> (freeze leftover soup for Wk 4)	<a href="#">Sheet Pan Grassfed Meatballs &amp; Crispy Egg-plant dippers</a> , salads with <a href="#">Italian dressing</a> (double meatballs for Wed lunch)
Wed	<a href="#">Cherry Baked Oatmeal</a> (freeze leftovers for next wk), fried eggs or bacon	Leftover meatballs f/ Tues, quick pan cooked summer veg w/ cheese, blueberries	<a href="#">Sheet Pan Fish Tacos</a>
Thurs	Smoothies & Hard boiled eggs (could do a protein muffin or sausage for egg free families)	<a href="#">Garden Party Quesadillas</a> using seasonal summer veg, guacamole, salsa, watermelon	Grilled hamburgers, <a href="#">plantain chips</a> , veggie sticks w/ <a href="#">Ranch</a> , watermelon
Fri	<a href="#">Paleo Blueberry Pancakes</a> w/ <a href="#">coconut butter</a> , fried eggs	Grilled chicken & grilled seasonal summer veg over GF pasta, cherries	Pizza Night! <a href="#">Namaste Crust Mix</a> , veggies, pepperoni. Salad w/ <a href="#">Italian Dressing</a>
Sat	<a href="#">Frittata</a> w/ potatoes, bacon, & summer veg left from the week, leftover fruit f/ the week	<a href="#">Brain Boosting Bow Tie Pasta Salad</a> , peaches (Save leftover pasta salad for Wk 4 Mon lunch)	Grilled steak, roasted potatoes, salads w/ dressing leftover f/ Fri Pizza night

## WEEK 4

### Breakfast

### Lunch

### Dinner

Sun	<a href="#">GF Protein Waffles</a> & bacon (double waffle recipe)	<a href="#">Charcuterie board lunch</a> :: Kielbasa or summer sausage, crackers, cheese, veggie sticks with <a href="#">Ranch</a> dip, cherries	<a href="#">Instant Pot Whole Chicken</a> w/ gravy, roasted summer veg, roasted potatoes or sweet potatoes (save leftover chicken for Mon)
Mon	<a href="#">Veggie/Potato hash</a> w/ eggs and/or sausage	<a href="#">Leftover Brain Boosting Bow Tie Pasta Salad</a> f/ Wk 3 Sat, cherry popsicles	" <a href="#">Best Chinese Take Out Copycat</a> " using leftover chicken f/ Sun & seasonal veg
Tues	<a href="#">Yogurt Breakfast Bar</a> w/ <a href="#">granola</a> , collagen, & seasonal fruit	Kids: waffle PBJ sandwich w/ waffles f/ Sun, <a href="#">Parmesan Roasted Zucchini spears</a> , peaches Mom: Monday dinner leftovers	<a href="#">Farmer's Market Veggie Spaghetti</a> (save leftovers for tomorrow lunch)
Wed	<a href="#">Zucchini Muffins</a> , hard boiled eggs or smoothie (freeze leftover muffins for another time)	Leftover farmers market spaghetti f/ Tues dinner, <a href="#">pineapple/watermelon popsicle</a>	Grilled BBQ chicken, big seasonal veggie stick platter with <a href="#">Paleo Ranch</a> , chips
Thurs	Leftover <a href="#">Cherry Baked Oatmeal</a> f/ Week 3 Wed f/ the freezer, fried eggs or bacon	Turkey Paninis, Freezer <a href="#">Summer Squash Soup</a> f/ Wk 3 Tues), <a href="#">Plantain chips</a> , blueberries	<a href="#">Hawaiian Sheet Pan Chicken &amp; Veg</a>
Fri	Breakfast burritos (make the veggie/sausage/egg hash for the wrap the night before quick)	<a href="#">Tuna Salad Wraps</a> , grilled seasonal veggies, watermelon	Pizza Night! <a href="#">Namaste Crust Mix</a> , veggies, pepperoni. Salad with <a href="#">Paleo Ranch</a>
Sat	<a href="#">Frittata</a> w/ potatoes, bacon, & summer veg left from the week, leftover fruit f/ the week	Quick pan sauté of seasonal summer veg tossed w/ buttered <a href="#">red lentil pasta</a> , seasonal fruit	Grilled hamburgers over loaded salads w/ <a href="#">Thousand Island dressing</a> , green beans, <a href="#">French fries</a>