



2 WEEK MEAL PLAN {FALL INSPIRED}



WEEK 1

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	Tomato Soup (freeze leftovers), grilled cheese, salads w/ Ranch dip (save Ranch for lunchboxes) (Soup can be done in Instant Pot or Stovetop)	Sheet Pan Spatchcock Maple Mustard Roasted Chicken & Sheet Pan squash and brussels sprouts (save some chicken for stew Mon)
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, veg sticks & Ranch dip , plantain chips , grapes, cheese Mom: Smoothie	Nourishing Chicken Stew w/ leftover chicken f/ Sun, GF pumpkin biscuits (could make biscuits on the weekend & freeze) (save all for lunchboxes Tues)
Tues	Oatmeal w/ bananas, chia seed, flax seed meal, collagen, coconut milk, honey (mom has leftover baked egg cups f/ Mon)	Kids: Nourishing Pastured Chicken Stew & Biscuits left f/ Mon, apples w/ PB to dip Mom: Stew & salad	Crispy fish stick dippers , French fries, salads (make enough fish sticks for lunchboxes Wed)
Wed	Blender Protein Pancakes , hard boiled eggs (eggs can be prepped on weekend or night before) (freeze leftover pancakes for lunchboxes Wk 2 Thurs)	Kids: Fish stick dippers left f/ Tues, chips, clementine, salad w/ Ranch	One Skillet Creamy Tomato Basil Spinach Pasta & Chicken
Thurs	Apple Baked Oatmeal (prep night before, freeze leftovers for next wk), eggs or sausage	Kids: Tomato Soup f/ freezer f/ Sun, turkey roll ups or wraps, crackers w/ guac or hummus, banana Mom: Soup & salad	Shepherd's Pie Loaded Baked Potatoes , salads
Fri	Apple Cinnamon Breakfast Cookies & hard boiled eggs (prep both night before & freeze leftover cookies for another Friday)	BLT Skewers w/ Amazin' Bacon Dipping Sauce , pickles, carrots, trail mix , apples Mom: Dinner leftovers	Pizza Night! Pizza Pinwheels (make enough to freeze for lunchboxes another week)
Sat	Frittata w/ potatoes, bacon, & veg left from the week, leftover fruit f/ the week	10 Min Veggie Ramen Noodle Bowls (add egg or chicken for protein), leftover fruit f/ the week	Sloppy Joes (extras make into Sloppy Joe Bites frozen for lunchboxes Wk 2 Tues), salads, chips

WEEK 2

Breakfast

Lunch

Dinner

Sun	GF Protein Waffles & bacon (double waffle recipe)	Autumn Harvest Soup (save some soup for Mon lunchbox thermos), celery w/ PB, clementine	Kale & Herb Stuffed Meatballs w/ gravy , mashed potatoes, green beans
Mon	Egg Casserole (prep this Sunday night into the pan), sausage, banana (save leftover eggs for Tues/Thurs for mom)	Kids: PBJ sandwich w/ waffles f/ Sun, Autumn Harvest Soup f/ Sun, apples, veggie chips Mom: Soup, tuna wrap (make extra tuna salad for lunchboxes Tues)	Skillet Chicken & Kale w/ Garlic Mushroom Sauce over potatoes or pasta
Tues	Oatmeal w/ bananas, chia seed, flax seed meal, collagen, coconut milk, honey (mom has leftover egg casserole f/ Mon)	Kids: Tuna wrap , salad, clementine, coconut clusters (weekend pantry project). Mom: dinner leftovers f/ Mon	Spaghetti w/ Veggie Monster Mini Meatballs (make enough for thermos lunchbox Wed), salads
Wed	GF Apple Cinnamon Muffins , sausage, eggs (make muffins night before or weekend prep day into freezer)	Kids: Spaghetti w/ Veggie Monster Mini Meatballs left f/ dinner Tues, banana, salad if needed	Sheet Pan Honey Mustard Fish (or chicken) w/ sheet pan roasted veg
Thurs	Apple Baked Oatmeal f/ freezer (wk 1 Thurs), eggs or sausage	Kids: Freezer Protein Pancakes f/ Wk 1 Wed w/ PB or butter, hard boiled egg, clementine, granola bar (these are a good weekend prep item)	Deconstructed One-Skillet Stuffed Peppers
Fri	Apricot Pistachio Breakfast Cookies & hard boiled eggs (make both the night before. Freeze leftover cookies for another Friday)	Kids: Sloppy Joe Bites f/ freezer f/ Wk 1 Sat, veg sticks w/ Ranch , grapes, plantain chips Mom: Dinner leftovers	Pizza Night! Namaste Crust Mix , veggies, pepperoni. Salad w/ Caesar dressing (or dairy free Caesar)
Sat	Frittata w/ potatoes, bacon, & veg left from the week, leftover fruit f/ the week	Veggie fried rice (this has egg for protein—could swap for chicken), leftover fruit f/ the week	Paleo Stuffed Butternut Squash