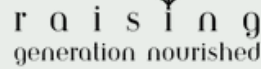


	BREAKFAST	LUNCH	DINNER	MEAL PREPPING	
SAT	• TEEN XC RUNNERS W/ EARLY RACE HAVE GOAT YOGURT W/ PB/BANANA/HONEY MIXED IN. THEY WILL EAT THE BREAKFAST BELOW AS 2ND BREAKFAST AFTER RACE! • FRITTATA W/ LEFTOVER VEGGIES FROM THE WEEK • SKILLET DROP BISCUITS (MADE ON FRIDAY WHILE CLEANING DINNER UP) • BACON OR SAUSAGE ON THE SIDE OR IN THE FRITTATA	• USE UP ANY LEFTOVERS FROM THE WEEK • OR TUNA SALAD W/ CRACKERS • VEG STICK TRAY • APPLES • YOUNGEST & MOM PACK THIS FOR GYMNASTICS PRACTICE TRAVEL.	• TACO NIGHT W/ FLOUR TORTILLAS • HOMEMADE GUACAMOLE • APPLES	• MAKE 9X13 PAN OF BAKED OATMEAL. SQUARE IT OFF FREEZE FOR BREAKFAST THIS WEEK. USE WHATEVER SEASONAL FRUIT YOU HAVE - WE USED APPLES FROM THE LOCAL FARM STAND. FROZEN BERRIES OR DRIED FRUIT LIKE RASINS WORK TOO IF FRESH ISN'T IN SEASON.	SHOPPING LIST
SUN	• PROTEIN WAFFLES W/ BUTTER, PEANUT BUTTER, & MAPLE SYRUP OR FRUIT SYRUP (SAVE EXTRA WAFFLES FOR SCHOOL WEEK) • BACON OR CHICKEN SAUSAGE	• GRILLED CHICKEN • BUTTERNUT SQUASH SOUP (SAVE LEFTOVER FOR SCHOOL WEEK) • BUBBIES PICKLES • AVO OIL POTATO CHIPS • APPLES	• BEEF ROAST • MASHED POTATOES • BROCCOLI COOKED IN BUTTER • APPLE CRISP W/ COCONUT WHIPPED CREAM	• EASY ROASTED CHICKEN (USE FOR LUNCHBOX MEAT THIS WEEK). COULD USE SLOW COOKER OR INSTANT POT FOR THIS CHICKEN TOO. FREEZE BONES TO MAKE BROTH ANOTHER TIME. • TAKE OUT ENOUGH BAKED OATMEAL SQUARES FOR BREAKFAST MONDAY • KIDS - PACK LUNCHES FOR MONDAY	
MON	• BAKED OATMEAL (FROM SAT. MEAL PREP) • CHICKEN SAUSAGE • EGGS	• KIDS: CHICKEN QUESADILLAS (USE SUN. PREP CHICKEN), SQUASH SOUP (FROM SUNDAY), APPLES, PANTRY SNACKS IF NEEDED • MOM: GRILLED CHICKEN, PREP DAY SQUASH SOUP, SIETE CHIPS, APPLE • DAD: TACOS/APPLE	• BAKED ZITI • SALADS • GRAPES	• AT LUNCHTIME, GRILL ONE PACK OF CHICKEN BREASTS FOR MOMS LUNCHES THIS WEEK. I WORK FROM HOME SO THIS WORKS, BUT YOU COULD BUMP THIS TO A WEEKEND PREP TIME IF NEEDED. • DAD MAKES HIS OWN TACO MEAT FOR THE WHOLE WEEK OF LUNCHES. HE WORKS FROM HOME AS WELL, SO THIS COULD BE A WEEKEND PREP DAY ITEM IF NEED BE. • PREP OATMEAL INTO THE POT TO COOK FOR BREAKFAST IN THE MORNING. • KIDS - PACK LUNCHES FOR TUESDAY AFTER SCHOOL/XC PRACTICE	
TUES	• APPLE, OAT, & BUCKWHEAT PORRIDGE (PREPPED LAST NIGHT SO JUST HEAT THROUGH) • CHICKEN SAUSAGE • EGGS	• KIDS: BAKED ZITI LEFTOVERS FROM DINNER, GRAPES, PANTRY SNACKS AS NEEDED. • MOM: GRILLED CHICKEN, PREP DAY SOUP, SIETE CHIPS, APPLE • DAD: TACOS/APPLE	• YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BANANA, CELERY W/PB, CHEESE, VEGGIE STRAWS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASTICS PRACTICE. • TEENS WILL HAVE GRILLED WILD CAUGHT SALMON, ROASTED BUTTERNUT SQUASH & BROCCOLI, BONE BROTH COOKED RICE, BANANAS. MOM PACKS THIS FOR TRAVEL FOR GYMNASTICS NIGHT TOO.	• PREP THE DINNER FOR THE TEENS BEFORE LEAVING FOR GYMNASTICS, & PACK A SERVING OF THE FISH DINNER FOR THE YOUNGEST TO HAVE FOR LUNCHBOX THE NEXT DAY. • PREP ELECTROLYTE PROTEIN SMOOTHIE FOR YOUNGEST AFTER PRACTICE • TEENS - PACK LUNCHES FOR WEDNESDAY AFTER XC PRACTICE	
WED	• LEFTOVER OATMEAL FROM TUES OR LEFTOVER WAFFLES FROM SUNDAY • CHICKEN SAUSAGE • EGGS	• KIDS: YOUNGEST LEFTOVER FISH DINNER F/ LAST NIGHT. TEENS: PREP DAY CHICKEN ON SANDWICHES, SQUASH SOUP F/ SUNDAY, PANTRY SNACKS, APPLES, • MOM: GRILLED CHICKEN, PREP DAY SOUP, SIETE CHIPS, APPLE • DAD: TACOS/APPLE	• ONE PAN FIESTA SKILLET DINNER • GRAPES	• KIDS - PACK LUNCHES FOR THURSDAY AFTER SCHOOL/XC PRACTICE • PREP EGG BAKE INTO A PAN FOR BREAKFAST THURSDAY (COULD BAKE IT OFF TOO IF THERE ISN'T TIME TO DO THAT IN THE MORNING. THIS COULD ALSO BE DONE ON PREP DAY WEEKEND IF NEED BE!)	
THURS	• BAKED EGG CASSEROLE • BANANAS • TEENS ALSO HAD GOAT YOGURT	• KIDS: YOUNGEST & 1 TEEN FIESTA SKILLET DINNER LEFTOVERS FROM LAST NIGHT, APPLE. THE OTHER TEEN TOOK SQUASH SOUP, TUNA SALAD W/ CRACKERS, PANTRY SNACKS, APPLE • MOM: GRILLED CHICKEN, PREP DAY SOUP, SIETE CHIPS, APPLE • DAD: TACOS/APPLE	• YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BUBBIES PICKLES, BANANA WITH PB, SIMPLE MILLS GRAHAM CRACKERS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASTICS PRACTICE. • TEENS WILL HAVE SHEET PAN MEATBALLS, ROASTED SQUASH/BROCCOLI, BONE BROTH COOKED RICE W/ BUTTER, DRIED DATES OR FIGS WITH PB. MOM PACKS THIS FOR TRAVEL FOR GYMNASTICS NIGHT TOO.	• PREP THE DINNER FOR THE TEENS BEFORE LEAVING FOR GYMNASTICS, & PACK A SERVING OF THE MEATBALL DINNER FOR THE YOUNGEST TO HAVE FOR LUNCHBOX THE NEXT DAY. • PREP ELECTROLYTE PROTEIN SMOOTHIE FOR YOUNGEST AFTER PRACTICE • TEENS - PACK LUNCHES FOR FRI AFTER XC PRACTICE	
FRI	• LEFTOVER EGG CASSEROLE FROM THURSDAY • BANANAS • TEENS ALSO HAD GOAT YOGURT	• KIDS: YOUNGEST TOOK LEFTOVER MEATBALL DINNER FROM THURS NIGHT & GOAT CHEESE STUFFED DATES. TEENS TOOK LEFTOVER MEATBALLS FROM DINNER, 1 TEEN TOOK LEFTOVER ROASTED VEG, THE OTHER TOOK BUBBLES PICKLES, BOTH DID GOAT CHEESE STUFFED DATES & OTHER PANTRY SNACKS AS NEEDED • MOM: GRILLED CHICKEN, PREP DAY SOUP, SIETE CHIPS, APPLE • DAD: TACOS/APPLE	• PASTA NIGHT TO PREP FOR SATURDAY MORNING XC RACE & EARLY MORNING GYMNASTICS PRACTICE • BANANA SLICES WITH CINNAMON AND COCONUT WHIPPED CREAM	• MAKE APPLE QUICKBREAD FOR SATURDAY BREAKFAST. I MAKE THIS WHILE CLEANING UP DINNER - 10 MINUTE PREP AND THE REST OF THE TIME IN THE OVEN! WE USE THE TOASTER OR OVEN TO WARM SLICES IN THE MORNING BEFORE GYMNASTICS PRACTICE • PACK LUNCH FOR MOM AND YOUNGEST FOR SATURDAY PRACTICE. • ASSESS IF THERE'S ENOUGH LEFTOVERS FOR THE WEEKEND LUNCHES, AND DECIDE WHAT MEAT TO THAW FOR THE WEEKEND MEALS.	

- IF YOU LIVE IN AN AREA WITH DIFFERENT MEAT AVAILABLE SWAP FOR THAT
- SWAP THE FRUIT/VEG FOR WHAT IS IN SEASON NEAR YOU!
- COMMON IN BETWEEN MEAL SNACKS ARE PROTEIN SMOOTHIES, PROTEIN BITES, RX BARS, OR FOR THE KIDS, PANTRY SNACKS.

* "PANTRY SNACKS INCLUDE MY GRANOLA BARS, TRAIL MIX, ENERGY BITES, SNACK BARS (THIS OR THIS). FRUIT/VEG POUCHES, GF PRETZELS, AVO OIL CHIPS, CRACKERS, COCONUT ROLLERS, SEVEN SUNDAYS CEREALS, NUTS, DRIED FRUIT STRIPS, I GET MOST OF THIS AT COSTCO.



	BREAKFAST	LUNCH	DINNER	MEAL PREPPING
SAT	• TEEN XC RUNNERS W/ EARLY RACE HAVE GOAT YOGURT W/ PB/BANANA/HONEY MIXED IN. THEY WILL EAT THE BREAKFAST BELOW AS 2ND BREAKFAST AFTER RACE! • <u>FRITTATA</u> W/ LEFTOVER VEGGIES FROM THE WEEK • <u>APPLE QUICKBREAD</u> (MADE ON FRIDAY WHILE CLEANING DINNER UP) • BACON OR SAUSAGE ON THE SIDE OR IN THE FRITTATA	• USE UP ANY LEFTOVERS FROM THE WEEK • OR TUNA SALAD W/ CRACKERS • VEG STICK TRAY • APPLES • YOUNGEST & MOM PACK THIS FOR GYMNASISTICS PRACTICE TRAVEL.	• <u>INSTANT POT CHILI</u> • <u>CORNBREAD</u> • <u>INSTANT POT APPLESAUCE</u>	• MAKE BLENDER BATTER <u>PUMPKIN PANCAKES</u> FOR THE FREEZER & BREAKFAST THIS WEEK
SUN	• <u>PROTEIN WAFFLES</u> W/ BUTTER, PEANUT BUTTER, & MAPLE SYRUP OR FRUIT SYRUP (SAVE EXTRA WAFFLES FOR SCHOOL WEEK) • BACON OR CHICKEN SAUSAGE	• HAMBURGERS • GF/DF <u>CREAMY BROCCOLI SOUP</u> (SAVE LEFTOVER FOR SCHOOL WEEK) • BUBBIES PICKLES • AVO OIL POTATO CHIPS • APPLESAUCE LEFT FROM YESTERDAY	• <u>MAYO ROASTED CHICKEN</u> • MASHED SWEET POTATOES • GREEN BEANS & CORN COOKED IN BUTTER • <u>PUMPKIN DONUTS</u>	• <u>EASY ROASTED CHICKEN</u> (USE FOR LUNCHBOX MEAT THIS WEEK). COULD USE <u>SLOW COOKER</u> OR <u>INSTANT POT</u> FOR THIS CHICKEN TOO. FREEZE BONES TO MAKE BROTH ANOTHER TIME. (YES I MADE 2 WHOLE CHICKENS ON THIS DAY - I ACTUALLY ROASTED THEM AT THE SAME TIME - ONE FOR DINNER, AND THE OTHER FOR LUNCHBOX MEAT!) • KIDS - PACK LUNCHES FOR MONDAY
MON	• <u>PUMPKIN PANCAKES</u> (FROM SAT. MEAL PREP - FREEZER TO TOASTER!) • CHICKEN SAUSAGE • EGGS	• KIDS: CHICKEN SANDWICHES W/ BUBBIES SAUERKRAUT (USE SUN. PREP CHICKEN). CREAMY BROCCOLI SOUP (FROM SUNDAY). APPLES. PANTRY SNACKS IF NEEDED • MOM: GRILLED CHICKEN. PREP DAY CREAMY BROCCOLI SOUP. SWEET POTATO CHIPS. APPLE • DAD: CHICKEN CAESAR SALAD/APPLE	• <u>SHEET PAN HONEY GARLIC CHICKEN RICE BOWLS</u> • BANANAS	• AT LUNCHTIME. GRILL ONE PACK OF CHICKEN BREASTS FOR MOMS LUNCHES THIS WEEK. I WORK FROM HOME SO THIS WORKS, BUT YOU COULD BUMP THIS TO A WEEKEND PREP TIME IF NEEDED. • DAD MAKES HIS OWN GRILLED CHICKEN & <u>CAESAR DRESSING</u> FOR THE WHOLE WEEK OF LUNCHES. HE WORKS FROM HOME AS WELL, SO THIS COULD BE A WEEKEND PREP DAY ITEM IF NEED BE. • PREP <u>CINNAMON ROLL OATMEAL</u> INTO THE POT TO COOK FOR BREAKFAST IN THE MORNING. • KIDS - PACK LUNCHES FOR TUESDAY AFTER SCHOOL/XC PRACTICE
TUES	• <u>CINNAMON ROLL OATMEAL</u> (PREPPED LAST NIGHT SO JUST HEAT THROUGH) • CHICKEN SAUSAGE • EGGS	• KIDS: HONEY GARLIC CHICKEN RICE BOWL LEFTOVERS, GRAPES. PANTRY SNACKS AS NEEDED. 1 TEEN DECIDED TO BRING CHICKEN SALAD W/ BUBBIES SAUERKRAUT INSTEAD • MOM: GRILLED CHICKEN. PREP DAY SOUP. SIETE CHIPS, APPLE • DAD: CHICKEN CAESAR SALAD/APPLE	• YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BANANA, CELERY W/PB, CHEESE, PRETZELS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASISTICS PRACTICE. • TEENS HAVE <u>BEEF RAMEN</u> DINNER & APPLES. MOM PACKS THIS FOR TRAVEL FOR GYMNASISTICS NIGHT TOO.	• PREP THE DINNER FOR THE TEENS BEFORE LEAVING FOR GYMNASISTICS. & PACK A SERVING OF THE BEEF RAMEN DINNER FOR THE YOUNGEST TO HAVE FOR LUNCHBOX THE NEXT DAY. • PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE • TEENS - PACK LUNCHES FOR WEDNESDAY AFTER XC PRACTICE
WED	• LEFTOVER OATMEAL FROM TUES OR LEFTOVER WAFFLES FROM SUNDAY • CHICKEN SAUSAGE • EGGS	• KIDS: YOUNGEST LEFTOVER BEEF RAMEN DINNER F/ LAST NIGHT. TEENS: PREP DAY CHICKEN ON SANDWICHES. CREAMY BROCCOLI SOUP F/ SUNDAY. PANTRY SNACKS, APPLES • MOM: GRILLED CHICKEN, ROASTED SQUASH & BROCCOLI, SWEET POTATO CHIPS, APPLE • DAD: CHICKEN CAESAR SALAD/APPLE	• <u>ONE PAN SLOPPY JOE'S</u> OVER BAKED SWEET POTATOES • BANANAS	• CREAMY BROCCOLI SOUP IS GONE FOR MOMS LUNCH SO ROASTED VEGGIES WHILE I WORKED TO LAST THE REST OF THE WEEK. • KIDS - PACK LUNCHES FOR THURSDAY AFTER SCHOOL/XC PRACTICE • TAKE BAKED OATMEAL OUT OF THE FREEZER FROM LAST WEEK FOR BREAKFAST TOMORROW.
THURS	• <u>BAKED OATMEAL</u> (FROM THE FREEZER - MADE LAST WEEK) • CHICKEN SAUSAGE • EGGS	• KIDS: SLOPPY JOES ON GF BUNS. GRAPES. BUBBIES PICKLES. PANTRY SNACKS AS NEEDED • MOM: GRILLED CHICKEN, ROASTED SQUASH & BROCCOLI, SWEET POTATO CHIPS, APPLE • DAD: CHICKEN CAESAR SALAD/APPLE	• YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BUBBIES PICKLES, BANANA WITH PB, COCONUT ROLLERS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASISTICS PRACTICE. • TEENS WILL HAVE <u>SHEET PAN FISH TACO BOWLS</u> WITH ROASTED SWEET POTATOES, CABBAGE, ONIONS. BONE BROTH COOKED RICE W/ BUTTER & FRUIT. MOM PACKS FISH TACO RICE BOWL FOR TRAVEL FOR GYMNASISTICS NIGHT TOO.	• PREP THE DINNER FOR THE TEENS BEFORE LEAVING FOR GYMNASISTICS. & PACK A SERVING OF THE FISH TACO RICE BOWL DINNER FOR THE YOUNGEST TO HAVE FOR LUNCHBOX THE NEXT DAY. • PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE • TEENS - PACK LUNCHES FOR FRI AFTER XC PRACTICE
FRI	• PUMPKIN PANCAKES OR WAFFLES FROM THE FREEZER INTO THE TOASTER • CHICKEN SAUSAGE • EGGS	• KIDS: YOUNGEST: LEFTOVER FISH TACO RICE BOWL & APPLES. TEENS: THE LAST OF THE PREP DAY CHICKEN AS QUESADILLAS, BUBBIES PICKLES, APPLES, PANTRY SNACKS • MOM: GRILLED CHICKEN, ROASTED SQUASH & BROCCOLI, SWEET POTATO CHIPS, APPLE • DAD: CHICKEN CAESAR SALAD/APPLE	• <u>PASTA NIGHT WITH ONE PAN CHICKEN PUMPKIN PASTA</u> TO PREP FOR SATURDAY MORNING XC RACE & EARLY MORNING GYMNASISTICS PRACTICE • DRIED DATES OR FIGS WITH PB & HONEY	• MAKE <u>PUMPKIN MUFFINS</u> FOR SATURDAY BREAKFAST. I MAKE THIS WHILE CLEANING UP DINNER - 10 MINUTE PREP AND THE REST OF THE TIME IN THE OVEN! WE USE THE OVEN TO WARM MUFFINS IN THE MORNING BEFORE GYMNASISTICS PRACTICE • PACK LUNCH FOR MOM AND YOUNGEST FOR SATURDAY PRACTICE. • ASSESS IF THERE'S ENOUGH LEFTOVERS FOR THE WEEKEND LUNCHES, AND DECIDE WHAT MEAT TO THAW FOR THE WEEKEND MEALS.

- IF YOU LIVE IN AN AREA WITH DIFFERENT MEAT AVAILABLE SWAP FOR THAT
- SWAP THE FRUIT/VEG FOR WHAT IS IN SEASON NEAR YOU!
- COMMON IN BETWEEN MEAL SNACKS ARE PROTEIN SMOOTHIES, PROTEIN BITES,
RX BARS, OR FOR THE KIDS, PANTRY SNACKS.

* "PANTRY SNACKS INCLUDE MY GRANOLA BARS, TRAIL MIX, ENERGY BITES, SNACK BARS (THIS OR THIS). FRUIT/VEG POUCHES, GF PRETZELS, AVO OIL CHIPS, CRACKERS, COCONUT ROLLERS, SEVEN SUNDAYS CEREALS, NUTS, DRIED FRUIT STRIPS, I GET MOST OF THIS AT COSTCO.