

# 2 Week Winter Meal Plan :: Week 1

	BREAKFAST	LUNCH	DINNER	MEAL PREPPING	SHOPPING LIST
SAT	<ul style="list-style-type: none"> <li>• FRITTATA W/ LEFTOVER VEGGIES FROM THE WEEK</li> <li>• BLENDER BATTER BAKERY STYLE BANANA MUFFINS (DOUBLE FOR FREEZER. THESE WERE MADE ON FRIDAY NIGHT - 10 MINUTE BLENDER PREP WHILE CLEANING UP FROM DINNER)</li> <li>• BACON OR SAUSAGE ON THE SIDE OR IN THE FRITTATA</li> <li>• CLEMENTINES</li> </ul>	<ul style="list-style-type: none"> <li>• USE UP ANY LEFTOVERS FROM THE WEEK</li> <li>• OR TUNA SALAD W/ CRACKERS</li> <li>• VEG STICK TRAY</li> <li>• APPLES</li> <li>• YOUNGEST &amp; MOM PACK THIS FOR GYMNASTICS PRACTICE TRAVEL.</li> </ul>	<ul style="list-style-type: none"> <li>• <u>ONE POT OLIVE GARDEN COPYCAT ZUPPA TOSCONA</u> (SAUSAGE &amp; POTATO SOUP - USED TURKEY SAUSAGE)</li> <li>• DRIED DATES STUFFED WITH GOAT CHEESE AND/OR PEANUT BUTTER</li> </ul>	<ul style="list-style-type: none"> <li>• MAKE DOUBLE BATCH GF BAGELS FOR THE FREEZER. (THIS RECIPE IS IN MY COOKBOOK, NOURISHED MORNINGS. YOU COULD CHANGE THIS TO A DOUBLE BATCH OF YOUR FAVORITE MUFFINS! HERE ARE SOME <a href="#">MUFFIN RECIPES</a> FROM THE BLOG!)</li> </ul>	
SUN	<ul style="list-style-type: none"> <li>• <u>PROTEIN WAFFLES</u> W/ BUTTER, PEANUT BUTTER, &amp; MAPLE SYRUP OR FRUIT SYRUP (SAVE EXTRA WAFFLES FOR SCHOOL WEEK)</li> <li>• BACON OR CHICKEN SAUSAGE</li> </ul>	<ul style="list-style-type: none"> <li>• GRILLED CHICKEN</li> <li>• <u>CREAMY VEGETABLE SOUP</u> (SAVE LEFTOVER FOR LUNCHBOXES)</li> <li>• BUBBIES PICKLES</li> <li>• AVO OIL POTATO CHIPS</li> <li>• APPLES</li> </ul>	<ul style="list-style-type: none"> <li>• <u>NOURISHING MEATLOAF</u></li> <li>• MASHED POTATOES</li> <li>• ROASTED BUTTERNUT SQUASH &amp; BROCCOLI (DOUBLE SHEET TRAY FOR LEFTOVERS)</li> <li>• <u>MINI BROWNIE CUPS</u> (HERE ARE SOME OTHER <a href="#">SUNDAY DINNER DESSERT IDEAS!</a>)</li> </ul>	<ul style="list-style-type: none"> <li>• <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.</li> <li>• TAKE OUT ENOUGH BAGELS FOR BREAKFAST MONDAY</li> <li>• 10 MINUTE PREP INGREDIENTS FOR WHITE CHICKEN CHILI DINNER FOR TOMORROW</li> <li>• KIDS - PACK LUNCHES FOR MONDAY</li> </ul>	
MON	<ul style="list-style-type: none"> <li>• BAGELS (FROM SAT. MEAL PREP) MADE INTO BREAKFAST SANDWICHES USING TURKEY SAUSAGE PATTIES AND EGGS</li> <li>• CLEMENTINES</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS: CHICKEN QUESADILLAS (USE SUN. PREP CHICKEN), VEG SOUP (F/ SUNDAY), APPLES, PANTRY SNACKS IF NEEDED</li> <li>• MOM: GRILLED CHICKEN, ROASTED SQUASH &amp; BROCCOLI, Siete Chips, Apple</li> <li>• DAD: GRILLED CHICKEN/RICE &amp; APPLE</li> </ul>	<ul style="list-style-type: none"> <li>• <u>WHITE CHICKEN CHILI IN THE INSTANT POT</u> (THIS CAN BE DONE IN THE SLOW COOKER TOO)</li> <li>• BANANAS</li> </ul>	<ul style="list-style-type: none"> <li>• AT LUNCHTIME, GRILL ONE PACK OF CHICKEN BREASTS &amp; AIR FRY SQUASH/BROCCOLI FOR MOMS LUNCHES THIS WEEK. I WORK FROM HOME SO THIS WORKS, BUT YOU COULD BUMP THIS TO A WEEKEND PREP TIME IF NEEDED.</li> <li>• DAD MAKES HIS OWN CHICKEN/RICE FOR THE WHOLE WEEK OF LUNCHES. HE WORKS FROM HOME AS WELL, SO THIS COULD BE A WEEKEND PREP DAY ITEM IF NEEDED.</li> <li>• TAKE ENOUGH BANANA MUFFINS FROM THE FREEZER FOR TOMORROW BREAKFAST (THESE WERE FROM SUNDAY BREAKFAST)</li> <li>• KIDS - PACK LUNCHES FOR TUESDAY AFTER SCHOOL AND TRACK PRACTICE</li> </ul>	
TUES	<ul style="list-style-type: none"> <li>• <u>BAKERY STYLE BANANA MUFFINS</u> FROM THE FREEZER (FROM WEEKEND PREP)</li> <li>• CHICKEN SAUSAGE</li> <li>• EGGS</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS: 2 KIDS TOOK WHITE CHICKEN CHILI LEFTOVERS FROM DINNER LAST NIGHT. ONE TEEN PACKED A CHICKEN SANDWICH LUNCH WITH FRUIT/BUBBIES PICKLES &amp; PANTRY SNACKS. ALL HAD APPLES.</li> <li>• MOM: GRILLED CHICKEN, ROASTED SQUASH &amp; BROCCOLI, Siete Chips, Apple</li> <li>• DAD: GRILLED CHICKEN/RICE &amp; APPLE</li> </ul>	<ul style="list-style-type: none"> <li>• YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BANANA, CELERY W/PB, CHEESE, VEGGIE STRAWS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASTICS PRACTICE.</li> <li>• TEENS WILL HAVE <u>sheet pan chicken nuggets</u>, ROASTED SWEET POTATOES &amp; CAULIFLOWER, BONE BROTH COOKED RICE, BANANAS. MOM PACKS THIS FOR TRAVEL FOR GYMNASTICS NIGHT TOO.</li> </ul>	<ul style="list-style-type: none"> <li>• PREP THE NUGGETS &amp; VEG ON SHEET PANS FOR THE TEENS TO PUT IN THE OVEN BEFORE MOM LEAVES TO TAKE YOUNGEST TO GYMNASTICS. THEY WILL COOK THEIR OWN RICE FOR DINNER TOO.</li> <li>• PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE</li> <li>• PREP <u>CINNAMON "BROWN SUGAR" OAT &amp; BUCKWHEAT PORRIDGE</u> INTO A POT FOR BREAKFAST IN THE MORNING (5 MIN PREP)</li> <li>• TEENS - PACK LUNCHES FOR WEDNESDAY AFTER SCHOOL. NO TRACK ON TUESDAYS RIGHT NOW.</li> </ul>	
WED	<ul style="list-style-type: none"> <li>• <u>CINNAMON BROWN SUGAR OAT &amp; BUCKWHEAT PORRIDGE</u></li> <li>• CHICKEN SAUSAGE</li> <li>• EGGS</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS: YOUNGEST TOOK LEFTOVER CHICKEN NUGGET, RICE, &amp; VEG DINNER F/ LAST NIGHT. TEENS: PREP DAY CHICKEN ON SANDWICHES, CREAMY VEG SOUP F/ SUNDAY, PANTRY SNACKS, APPLES.</li> <li>• MOM: GRILLED CHICKEN, ROASTED SQUASH &amp; BROCCOLI, Siete Chips, Apple</li> <li>• DAD: GRILLED CHICKEN/RICE &amp; APPLE</li> </ul>	<ul style="list-style-type: none"> <li>• <u>ONE SKILLET COPYCAT HAMBURGER HELPER</u></li> <li>• GRAPES</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS - PACK LUNCHES FOR THURSDAY AFTER SCHOOL AND TRACK PRACTICE</li> </ul>	
THURS	<ul style="list-style-type: none"> <li>• LEFTOVER CINNAMON BROWN SUGAR OAT &amp; BUCKWHEAT PORRIDGE FROM WED.</li> <li>• CHICKEN SAUSAGE</li> <li>• EGGS</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS: YOUNGEST &amp; 1 TEEN COPYCAT HAMBURGER HELPER DINNER LEFTOVERS FROM LAST NIGHT, APPLE. THE OTHER TEEN TUNA SALAD WRAPS, LEFTOVER ROASTED VEGGIES, APPLE, PANTRY SNACKS</li> <li>• MOM: GRILLED CHICKEN, ROASTED SQUASH &amp; BROCCOLI, Siete Chips, Apple</li> <li>• DAD: GRILLED CHICKEN/RICE &amp; APPLE</li> </ul>	<ul style="list-style-type: none"> <li>• YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BUBBIES PICKLES, BANANA, MONSTER COOKIE ENERGY BITES, SWEET POTATO CHIPS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASTICS PRACTICE.</li> <li>• TEENS HAVE BURGER NIGHT - DAD MAKES SHEET PAN FRIES, LOADED BURGERS, FROZEN GREEN BEANS. DAD MAKES EXTRA BURGER FOR YOUNGEST TO TAKE TOMORROW FOR LUNCH.</li> </ul>	<ul style="list-style-type: none"> <li>• PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE</li> <li>• COOK A QUICK HAMBURGER FOR MOM BEFORE LEAVING FOR GYMNASTICS PRACTICE - PACKED INTO A SALAD TO GO AND GRANOLA BAR ON THE SIDE.</li> <li>• TEENS - PACK LUNCHES FOR FRI AFTER SCHOOL AND TRACK PRACTICE</li> </ul>	
FRI	<ul style="list-style-type: none"> <li>• PROTEIN WAFFLES FROM THE FREEZER (LEFT FROM SUNDAY) WITH PB</li> <li>• CHICKEN SAUSAGE</li> <li>• EGGS</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS: YOUNGEST TOOK LEFTOVER HAMBURGER DINNER FROM THURS. TEENS TOOK THE LAST OF THE PREP DAY CHICKEN ON SANDWICHES, VEG STICKS, CHIPS. BOTH DID GOAT CHEESE STUFFED DATES &amp; OTHER PANTRY SNACKS AS NEEDED</li> <li>• MOM: GRILLED CHICKEN, ROASTED SQUASH &amp; BROCCOLI, Siete Chips, Apple</li> <li>• DAD: GRILLED CHICKEN/RICE &amp; APPLE</li> </ul>	<ul style="list-style-type: none"> <li>• <u>PASTA NIGHT (SLOW COOKER GRASSFED BEEF RAGU)</u> TO PREP FOR EARLY SATURDAY MORNING GYMNASTICS PRACTICE</li> <li>• DRIED FIGS &amp; GOAT CHEESE</li> </ul>	<ul style="list-style-type: none"> <li>• MAKE ALMOND POPPYSEED MUFFINS FOR SATURDAY BREAKFAST. I MAKE THIS WHILE CLEANING UP DINNER - 10 MINUTE, 1 BOWL PREP AND THE REST OF THE TIME IN THE OVEN! (THIS RECIPE IS IN MY COOKBOOK, NOURISHED MORNINGS. YOU COULD CHANGE THIS TO A DOUBLE BATCH OF YOUR FAVORITE MUFFINS! HERE ARE SOME <a href="#">MUFFIN RECIPES</a> FROM THE BLOG!)</li> <li>• PACK LUNCH FOR MOM AND YOUNGEST FOR SATURDAY GYMNASTICS PRACTICE.</li> <li>• ASSESS IF THERE'S ENOUGH LEFTOVERS FOR THE WEEKEND LUNCHES, AND DECIDE WHAT MEAT TO THAW FOR THE WEEKEND MEALS.</li> </ul>	
NOTES	<ul style="list-style-type: none"> <li>• IF YOU LIVE IN AN AREA WITH DIFFERENT MEAT AVAILABLE SWAP FOR THAT</li> <li>• SWAP THE FRUIT/VEG FOR WHAT IS IN SEASON NEAR YOU!</li> <li>• COMMON IN BETWEEN MEAL SNACKS ARE <u>PROTEIN SMOOTHIES</u>, <u>PROTEIN BITES</u>, OR THIS <a href="#">LIST OF SNACKS FOR ACTIVE KIDS!</a></li> </ul>				
	<ul style="list-style-type: none"> <li>• "PANTRY SNACKS" INCLUDE MY <u>GRANOLA BARS</u>, <u>TRAIL MIX</u>, <u>ENERGY BITES</u>, <u>SNACK BARS</u> (THIS OR THIS), <u>FRUIT/VEG POUCHES</u>, <u>DRIED DATES</u> OR <u>FIGS</u>, OR ANY OF <u>THESE PANTRY SNACKS FOR ACTIVE KIDS!</u></li> </ul>				



# 2 Week Winter Meal Plan :: Week 2

Breakfast		Lunch	Dinner	Meal Prepping	Shopping List
SAT	<ul style="list-style-type: none"> <li>• FRITTATA W/ LEFTOVER VEGGIES FROM THE WEEK</li> <li>• <u>ALMOND POPPYSEED MUFFINS</u> (DOUBLED FOR FREEZER, THESE WERE MADE ON FRIDAY NIGHT - 10 MINUTE ONE BOWL PREP WHILE CLEANING UP FROM DINNER)</li> <li>• BACON OR SAUSAGE ON THE SIDE OR IN THE FRITTATA</li> <li>• CLEMENTINES</li> </ul>	<ul style="list-style-type: none"> <li>• USE UP ANY LEFTOVERS FROM THE WEEK</li> <li>• OR TUNA SALAD W/ CRACKERS</li> <li>• VEG STICK TRAY</li> <li>• APPLES</li> <li>• YOUNGEST PACKED LEFTOVER RAGU &amp; MOM PACKED TUNA SALAD FOR GYMNASTICS PRACTICE TRAVEL.</li> </ul>	<ul style="list-style-type: none"> <li>• <u>ONE POT SPINACH LASAGNA SOUP</u></li> <li>• BANANAS W/ CINNAMON AND COCONUT WHIPPED CREAM</li> </ul>	<ul style="list-style-type: none"> <li>• MAKE <u>9X13 PAN ONE PAN BREAKFAST CASSEROLE</u> TO USE FOR THE FIRST PART OF THE SCHOOL WEEK.</li> </ul>	
SUN	<ul style="list-style-type: none"> <li>• <u>PROTEIN WAFFLES</u> W/ BUTTER, PEANUT BUTTER, &amp; MAPLE SYRUP OR FRUIT SYRUP (FREEZE EXTRA WAFFLES FOR ANOTHER TIME)</li> <li>• BACON OR CHICKEN SAUSAGE</li> </ul>	<ul style="list-style-type: none"> <li>• <u>AMYLOU FROZEN CHICKEN MEATBALLS</u></li> <li>• <u>PANERA COPYCAT BROCCOLI SOUP</u> (DOUBLE TO USE FOR LUNCH TOMORROW)</li> <li>• AVO OIL SWEET POTATO CHIPS</li> <li>• APPLES</li> </ul>	<ul style="list-style-type: none"> <li>• <u>ORANGE ROASTED CHICKEN</u></li> <li>• MASHED POTATOES</li> <li>• ROASTED BRUSSELS SPROUTS/CARROTS/ONIONS</li> <li>• <u>FLOURLESS CHOCOLATE CAKE</u> (HERE ARE SOME OTHER <u>SUNDAY DINNER DESSERT</u> IDEAS!)</li> </ul>	<ul style="list-style-type: none"> <li>• <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.</li> <li>• USE THE BONES FROM PREP ROASTED CHICKEN &amp; FROZEN BONES FROM LAST WEEK'S CHICKEN TO MAKE INSTANT POT BONE BROTH (COULD BE DONE IN SLOW COOKER).</li> <li>• TAKE OUT ENOUGH BREAKFAST CASSEROLE SQUARES FOR BREAKFAST MONDAY (PREPARED YESTERDAY)</li> <li>• KIDS - PACK LUNCHES FOR MONDAY</li> </ul>	
MON	<ul style="list-style-type: none"> <li>• BREAKFAST CASSEROLE (FROM SAT. MEAL PREP)</li> <li>• TURKEY SAUSAGE PATTIES</li> <li>• BANANAS</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS: CHICKEN QUESADILLAS (USE SUN. PREP CHICKEN), BROCCOLI SOUP (F/ SUNDAY), APPLES, PANTRY SNACKS IF NEEDED</li> <li>• MOM: GRILLED CHICKEN, BROCCOLI SOUP F/ SUNDAY, AVO OIL SWEET POTATO CHIPS, APPLE</li> <li>• DAD: TACO BOWLS, APPLE</li> </ul>	<ul style="list-style-type: none"> <li>• <u>ONE PAN CREAMY BROCCOLI CHICKEN &amp; RICE</u></li> <li>• BANANAS</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• DAD MAKES HIS OWN TACO BOWL COMPONENTS FOR THE WHOLE WEEK OF LUNCHES. HE WORKS FROM HOME AS WELL, SO THIS COULD BE A WEEKEND PREP DAY ITEM IF NEED BE.</li> <li>• TAKE ENOUGH BANANA MUFFINS FROM THE FREEZER FOR TOMORROW BREAKFAST (THESE WERE FROM SUNDAY BREAKFAST)</li> <li>• KIDS - PACK LUNCHES FOR TUESDAY AFTER SCHOOL AND TRACK PRACTICE</li> </ul>	
TUES	<ul style="list-style-type: none"> <li>• BREAKFAST CASSEROLE (FROM SAT. MEAL PREP)</li> <li>• TURKEY SAUSAGE PATTIES</li> <li>• BANANAS</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS: 2 KIDS TOOK ONE PAN CHICKEN/RICE LEFTOVERS FROM DINNER LAST NIGHT. ONE TEEN PACKED A CHICKEN QUESADILLA LUNCH WITH FRUIT/BUBBLES PICKLES &amp; PANTRY SNACKS. ALL HAD APPLES.</li> <li>• MOM: GRILLED CHICKEN, AVO OIL FROZEN VEG BLEND FROM COSTCO, AVO OIL SWEET POTATO CHIPS, APPLE</li> <li>• DAD: TACO BOWLS, APPLE</li> </ul>	<ul style="list-style-type: none"> <li>• YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, APPLE, COCOA NIB GRANOLA BAR, SWEET POTATO CHIPS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASTICS PRACTICE.</li> <li>• TEENS WILL HAVE <u>ONE PAN SLOPPY JOES</u> ON GF BUNS, SHEET PAN ROASTED POTATOES, SQUASH &amp; CABBAGE, GRAPES. MOM PACKS SLOPPY JOES OVER THE ROASTED VEG IN THERMOS FOR TRAVEL FOR GYMNASTICS NIGHT TOO.</li> </ul>	<ul style="list-style-type: none"> <li>• MAKE THE SLOPPY JOES AND PUT THE VEG ON THE SHEET PAN FOR THE TEENS TO PUT IN THE OVEN. I WORK FROM HOME AND DO THIS BEFORE LEAVING TO TAKE YOUNGEST TO GYMNASTICS, BUT IT COULD BE DONE ON A PREP DAY TO REHEAT.</li> <li>• PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE</li> <li>• PREP <u>APPLE &amp; CINNAMON OATMEAL</u> INTO A POT FOR BREAKFAST IN THE MORNING (5 MIN PREP)</li> <li>• TEENS - PACK LUNCHES FOR WEDNESDAY AFTER SCHOOL. NO TRACK ON TUESDAYS RIGHT NOW.</li> </ul>	
WED	<ul style="list-style-type: none"> <li>• <u>APPLE &amp; CINNAMON OATMEAL</u></li> <li>• CHICKEN SAUSAGE</li> <li>• EGGS</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS: YOUNGEST TOOK SLOPPY JOES ON A BUN, ROASTED VEG F/ DINNER LAST NIGHT. TEENS: PREP DAY CHICKEN ON SANDWICHES, BROCCOLI SOUP F/ SUNDAY. PANTRY SNACKS, APPLES.</li> <li>• MOM: GRILLED CHICKEN, ROASTED SQUASH &amp; BROCCOLI, SIEVE CHIPS, APPLE</li> <li>• DAD: GRILLED CHICKEN/RICE &amp; APPLE</li> </ul>	<ul style="list-style-type: none"> <li>• <u>ONE PAN STUFFED PEPPER SKILLET</u></li> <li>• BANANAS OR APPLES</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS - PACK LUNCHES FOR THURSDAY AFTER SCHOOL AND TRACK PRACTICE</li> </ul>	
THURS	<ul style="list-style-type: none"> <li>• LEFTOVER CINNAMON APPLE CINNAMON OATMEAL FROM WED.</li> <li>• CHICKEN SAUSAGE</li> <li>• EGGS</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS: YOUNGEST &amp; 1 TEEN STUFFED PEPPER SKILLET DINNER LEFTOVERS FROM LAST NIGHT. APPLE, THE OTHER TEEN TUNA SALAD WRAPS, LEFTOVER ROASTED VEGGIES, APPLE, PANTRY SNACKS</li> <li>• MOM: GRILLED CHICKEN, AVO OIL FROZEN VEG BLEND FROM COSTCO, AVO OIL SWEET POTATO CHIPS, APPLE</li> <li>• DAD: TACO BOWLS, APPLE</li> </ul>	<ul style="list-style-type: none"> <li>• YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BUBBLES PICKLES, BANANA, MONSTER COOKIE ENERGY BITES, VEG STRAWS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASTICS PRACTICE.</li> <li>• TEENS HAVE <u>SHEET PAN CASHEW CHICKEN DINNER</u> WITH BONE BROTH COOKED RICE</li> <li>• MOM TAKES THE <u>SHEET PAN CASHEW CHICKEN DINNER</u> IN <u> THERMOS</u> FOR DURING GYMNASTICS</li> </ul>	<ul style="list-style-type: none"> <li>• PREP THE <u>SHEET PAN CASHEW CHICKEN DINNER</u> BEFORE LEAVING FOR GYMNASTICS PRACTICE. I WORK FROM HOME SO THIS WORKS, BUT THIS KIND OF DINNER CAN BE PREPPED ON A PREP DAY AND REHEATED.</li> <li>• PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE</li> <li>• TEENS - PACK LUNCHES FOR FRI AFTER SCHOOL AND TRACK PRACTICE</li> </ul>	
FRI	<ul style="list-style-type: none"> <li>• <u>ALMOND POPPYSEED MUFFINS</u> FROM THE FREEZER WITH SMEAR OF <u>COCONUT BUTTER</u></li> <li>• CHICKEN SAUSAGE</li> <li>• EGGS</li> </ul>	<ul style="list-style-type: none"> <li>• KIDS: 2 KIDS TOOK CASHEW CHICKEN DINNER LEFTOVERS FROM THURS. 1 TEEN TOOK PREP DAY CHICKEN ON SANDWICH, BUBBLES PICKLES, CHIPS, ALL TOOK DRIED FIGS &amp; OTHER PANTRY SNACKS AS NEEDED</li> <li>• MOM: GRILLED CHICKEN, AVO OIL FROZEN VEG BLEND FROM COSTCO, AVO OIL SWEET POTATO CHIPS, APPLE</li> <li>• DAD: TACO BOWLS, APPLE</li> </ul>	<ul style="list-style-type: none"> <li>• <u>PASTA NIGHT (BAKED ZITI)</u> TO PREP FOR EARLY SATURDAY MORNING GYMNASTICS PRACTICE</li> <li>• BANANAS OR APPLES</li> </ul>	<ul style="list-style-type: none"> <li>• MAKE <u>CINNAMON RAISIN QUICKBREAD</u> FOR SATURDAY BREAKFAST. I MAKE THIS WHILE CLEANING UP DINNER - 10 MINUTE PREP AND THE REST OF THE TIME IN THE OVEN! THIS RECIPE IS IN MY COOKBOOK NOURISHED MORNINGS. HERE IS ANOTHER <u>QUICK BREAD</u> RECIPE TO TRY.</li> <li>• PACK LUNCH FOR MOM AND YOUNGEST FOR SATURDAY GYMNASTICS PRACTICE.</li> <li>• ASSESS IF THERE'S ENOUGH LEFTOVERS FOR THE WEEKEND LUNCHES, AND DECIDE WHAT MEAT TO THAW FOR THE WEEKEND MEALS.</li> </ul>	

## SHOPPING LIST

- NOTES

  - 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, OR THIS LIST OF SNACKS FOR ACTIVE KIDS!
  - "PANTRY SNACKS" INCLUDE MY GRANOLA BARS, TRAIL MIX, ENERGY BITES, SNACK BARS (THIS OR THIS), FRUIT/VEG POUCHES, DRIED DATES OR FIGS, OR ANY OF THESE PANTRY SNACKS FOR ACTIVE KIDS!