



raising
generation nourished

2 Week Spring Meal Plan :: Week 1

	BREAKFAST	LUNCH	DINNER	MEAL PREPPING	SHOPPING LIST
SAT	<ul style="list-style-type: none"> FRITTATA OR FRIED EGGS W/ LEFTOVER VEGGIES FROM THE WEEK ONE BOWL LEMON POPPYSEED MUFFINS (DOUBLE FOR FREEZER. THESE WERE MADE ON FRIDAY NIGHT - 10 MINUTE PREP WHILE CLEANING UP FROM DINNER) BACON OR SAUSAGE ON THE SIDE OR IN THE FRITTATA CLEMENTINES 	<ul style="list-style-type: none"> USE UP ANY LEFTOVERS FROM THE WEEK OR TUNA SALAD W/ CRACKERS VEG STICK TRAY BANANAS YOUNGEST & MOM PACK THIS FOR GYMNASTICS PRACTICE TRAVEL. 	<ul style="list-style-type: none"> ONE SKILLET MEATBALLS & GNOCCHI DRIED DATES STUFFED W/ MY BLENDER NUTELLA COPYCAT (THIS RECIPE IS IN MY COOKBOOK, <u>NOURISHED MORNINGS</u>. YOU COULD ALSO STUFF WITH GOAT CHEESE AND/OR PEANUT BUTTER 	<ul style="list-style-type: none"> MAKE ONE PAN MAPLE BROWN SUGAR BAKED OATMEAL TO SQUARE OFF FOR BREAKFASTS THIS WEEK. 	
SUN	<ul style="list-style-type: none"> PROTEIN WAFFLES W/ BUTTER, PEANUT BUTTER, & MAPLE SYRUP OR FRUIT SYRUP (FREEZE EXTRA WAFFLES FOR SCHOOL WEEK IF NEEDED FOR TOASTER BREAKFAST) BACON OR CHICKEN SAUSAGE 	<ul style="list-style-type: none"> GRILLED CHICKEN FROZEN GREEN BEANS & CARROTS COOKED IN BUTTER BUBBIES PICKLES AVO OIL POTATO CHIPS APPLES 	<ul style="list-style-type: none"> MAYO ROASTED CHICKEN (MAKE 2 CHICKENS, SAVING THE MEAT FROM 1 CHICKEN FOR LUNCH MEAT FOR LUNCHBOXES THIS WEEK) MASHED POTATOES ROASTED BUTTERNUT SQUASH & BRUSSELS SPROUTS (DOUBLE THIS FOR MOM'S LUNCHES THIS WEEK) APPLE CRISP (HERE ARE SOME OTHER <u>SUNDAY DINNER DESSERT IDEAS!</u>) 	<ul style="list-style-type: none"> TOSS BONES FROM BOTH ROASTED CHICKENS INTO THE INSTANT POT TO MAKE <u>BONE BROTH</u>. TAKE OUT ENOUGH BAKED OATMEAL SQUARES FOR BREAKFAST MONDAY (PREPPED YESTERDAY) KIDS - PACK LUNCHES FOR MONDAY 	
MON	<ul style="list-style-type: none"> MAPLE BROWN SUGAR BAKED OATMEAL (FROM SAT. MEAL PREP) SCRAMBLED EGGS CHICKEN SAUSAGE 	<ul style="list-style-type: none"> KIDS: CHICKEN QUESADILLAS (USE SUN. PREP CHICKEN), BUBBIES PICKLES, APPLES, PANTRY SNACKS MOM: GRILLED CHICKEN, ROASTED SQUASH & BRUSSELS SPROUTS, SIETE CHIPS, APPLE DAD: GRILLED CHICKEN/RICE & APPLE 	<ul style="list-style-type: none"> SHEET PAN THAI PEANUT CHICKEN DINNER WITH RICE RAMEN BANANAS 	<ul style="list-style-type: none"> 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. I HAD DOUBLED ROASTED VEGGIES SUNDAY TO USE FOR MY LUNCHES TOO. 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 NEED BE. KIDS - PACK LUNCHES FOR TUESDAY AFTER SCHOOL AND TRACK PRACTICE 	
TUES	<ul style="list-style-type: none"> LEMON POPPYSEED MUFFINS FROM THE FREEZER (FROM WEEKEND PREP) CHICKEN SAUSAGE EGGS 	<ul style="list-style-type: none"> KIDS: 2 KIDS TOOK THAI PEANUT CHICKEN W/ RAMEN LEFTOVERS FROM DINNER LAST NIGHT. ONE TEEN PACKED A CHICKEN SANDWICH LUNCH WITH FRUIT/BUBBIES PICKLES & PANTRY SNACKS. ALL HAD APPLES. MOM: GRILLED CHICKEN, ROASTED SQUASH & BRUSSELS SPROUTS, SIETE CHIPS, APPLE DAD: GRILLED CHICKEN/RICE & APPLE 	<ul style="list-style-type: none"> YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BANANA, DRIED FIGS W/ GOAT CHEESE, VEGGIE STRAWS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASTICS PRACTICE. TEENS WILL HAVE PAN SEARED WILD CAUGHT SALMON, ROASTED SWEET POTATOES, CABBAGE, & ONION. BONE BROTH COOKED RICE, BANANAS. MOM PACKS THIS FOR TRAVEL FOR GYMNASTICS NIGHT TOO. 	<ul style="list-style-type: none"> PREP THE RICE & SHEET PAN VEG BEFORE MOM LEAVES TO TAKE YOUNGEST TO GYMNASTICS. TEENS WILL PAN SEAR THEIR SALMON TO HAVE WITH IT - MOM SEARS HERS QUICK BEFORE LEAVING. ALSO COOK AN EXTRA SALMON FOR YOUNGEST LUNCHBOX TOMORROW PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE PREP CINNAMON RAISIN OATMEAL WITH BUCKWHEAT (JUST LIKE MY <u>APPLE OATS BREAKFAST BOWL</u>, BUT SWAP FOR RAISINS) FOR BREAKFAST IN THE MORNING (5 MIN PREP) TEENS - PACK LUNCHES FOR WEDNESDAY AFTER SCHOOL & TRACK PRACTICE 	
WED	<ul style="list-style-type: none"> CINNAMON RAISIN OATMEAL WITH BUCKWHEAT (JUST LIKE MY <u>APPLE OATS BREAKFAST BOWL</u>, BUT SWAP FOR RAISINS) CHICKEN SAUSAGE EGGS 	<ul style="list-style-type: none"> KIDS: YOUNGEST TOOK LEFTOVER SALMON/RICE/VEG DINNER F/ LAST NIGHT. TEENS: PREP DAY CHICKEN ON SANDWICHES, CREAMY VEG SOUP F/ SUNDAY. PANTRY SNACKS, APPLES. MOM: GRILLED CHICKEN, ROASTED SQUASH & BRUSSELS SPROUTS, SIETE CHIPS, APPLE DAD: GRILLED CHICKEN/RICE & APPLE 	<ul style="list-style-type: none"> EASY CHICKEN PESTO PASTA APPLES 	<ul style="list-style-type: none"> 10 MIN PREP VEG & CHICKEN TO DUMP INTO SLOW COOKER FOR <u>FIESTA SOUP</u> TOMORROW. KIDS - PACK LUNCHES FOR THURSDAY AFTER SCHOOL AND TRACK PRACTICE 	
THURS	<ul style="list-style-type: none"> LEFTOVER CINNAMON RAISIN OATMEAL FROM WED CHICKEN SAUSAGE EGGS 	<ul style="list-style-type: none"> KIDS: YOUNGEST & 1 TEEN PESTO PASTA DINNER LEFTOVERS FROM LAST NIGHT. APPLE, THE OTHER TEEN TUNA SALAD WRAPS. LEFTOVER ROASTED VEGGIES, APPLE, PANTRY SNACKS MOM: GRILLED CHICKEN, ROASTED SQUASH & BRUSSELS SPROUTS, SIETE CHIPS, APPLE DAD: GRILLED CHICKEN/RICE & APPLE 	<ul style="list-style-type: none"> YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BUBBIES PICKLES, APPLE, MONSTER COOKIE ENERGY BITES, SWEET POTATO CHIPS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASTICS PRACTICE. TEENS HAVE <u>SLOW COOKER FIESTA SOUP</u> AND BANANAS 	<ul style="list-style-type: none"> PUT FIESTA SOUP INGREDIENTS INTO SLOW COOKER ON LOW BEFORE SCHOOL STARTS. SHRED THE CHICKEN INTO THE SOUP BEFORE LEAVING FOR GYMNASTICS PRACTICE. AND TAKE SOME SOUP IN A THERMOS FOR MOM'S DINNER. PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE TEENS - PACK LUNCHES FOR FRI AFTER SCHOOL AND TRACK PRACTICE 	
FRI	<ul style="list-style-type: none"> PROTEIN WAFFLES OR LEMON POPPYSEED MUFFINS FROM THE FREEZER (LEFT FROM THE WEEKEND) CHICKEN SAUSAGE EGGS 	<ul style="list-style-type: none"> KIDS: YOUNGEST TOOK LEFTOVER FIESTA SOUP FROM THURS. TEENS TOOK THE LAST OF THE PREP DAY CHICKEN ON SANDWICHES, VEG STICKS, CHIPS. EVERYONE TOOK DRIED MANGO, AND PANTRY SNACKS AS NEEDED MOM: GRILLED CHICKEN, ROASTED SQUASH & BROCCOLI, SIETE CHIPS, APPLE DAD: GRILLED CHICKEN/RICE & APPLE 	<ul style="list-style-type: none"> PASTA NIGHT TO FUEL FOR EARLY SATURDAY MORNING GYMNASTICS PRACTICE- <u>BAKED ZITI</u> DRIED FIGS & GOAT CHEESE 	<ul style="list-style-type: none"> MAKE COPYCAT LITTLE BITES 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, <u>NOURISHED MORNINGS</u>. YOU COULD CHANGE THIS TO A DOUBLE BATCH OF YOUR FAVORITE MUFFINS! HERE ARE SOME <u>MUFFIN RECIPES</u> FROM THE BLOG!) PACK LUNCH FOR MOM AND YOUNGEST FOR SATURDAY GYMNASTICS PRACTICE. ASSESS IF THERE'S ENOUGH LEFTOVERS FOR THE WEEKEND LUNCHES, AND DECIDE WHAT MEAT TO THAW FOR THE WEEKEND MEALS. 	

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!

