raising generation nourished

2 Week Spring Meal Plan :: Week 2

	BREAKFAST	LUNCH	DINNER	MEAL PREPPING
SAT	• FRITTATA W/ LEFTOVER VEGGIES FROM THE WEEK • COPYCAT LITTLE BITES MUFFINS (DOUBLED FOR FREEZER. THESE WERE MADE ON FRIDAY NIGHT - 10 MINUTE ONE BOWL PREP WHILE CLEANING UP FROM DINNER) • BACON OR SAUSAGE ON THE SIDE OR IN THE FRITTATA • STRAWBERRIES	• USE UP ANY LEFTOVERS FROM THE WEEK • OR TUNA SALAD W/ CRACKERS • VEG STICK TRAY • APPLES • YOUNGEST PACKED LEFTOVER SPAGHETTI & MOM PACKED TUNA SALAD FOR GYMNASTICS PRACTICE TRAVEL.	• SHEET PAN BBQ CHICKEN, ROASTED CRISPY POTATOES, ROASTED BROCCOLI • SHAMROCK SHAKES!	• MAKE SAUSAGE & BROCCOLI CHEESE EGG MUFFINS FOR THE FIRST PART OF THE WEEK.
SUN	• PROTEIN WAFFLES W/ BUTTER, PEANUT BUTTER, & MAPLE SYRUP OR FRUIT SYRUP (FREEZE EXTRA WAFFLES FOR ANOTHER TIME) • BACON OR CHICKEN SAUSAGE	• AMYLOU FROZEN CHICKEN MEATBALLS • CARROT/CELERY/PEPPER/CCUCUMBER VEGGIE PLATTER W/ 5 MINUTE RANCH DIP (DIY RANCH SEASONING MIXED IN COCONUT YOGURT) • AVO OIL SWEET POTATO CHIPS • STRAWBERRIES	• FLANK STEAK FAJITAS & GUACAMOLE • BANANAS W/COCOWHIP (HERE ARE SOME OTHER SUNDAY DINNER DESSERT IDEAS!)	• EASY ROASTED CHICKEN (USE FOR LUNCHBOX MEAT THIS WEEK). COULD USE SLOW COOKER OR INSTANT POT FOR THIS CHICKEN TOO. • KIDS - PACK LUNCHES FOR MONDAY - MAKE RANCH CHICKEN SALAD FROM THE PREP CHICKEN TOGETHER
MON	• SAUSAGE & BROCCOLI CHEESE EGG MUFFINS (FROM SAT. MEAL PREP) • COCONUT YOGURT WITH PANTRY GRANOLA & STRAWBERRIES (I ALWAYS HAVE A GRANOLA IN THE PANTRY - I MAKE IT EVERY OTHER MONTH. THIS WAS MY COPYCAT BEAR NAKED BRAND FROM MY COOKBOOK, NOURISHED MORNINGS)	• KIDS: RANCH CHICKEN SALAD WRAPS (USE SUN. PREP CHICKEN), BUBBIES PICKLES APPLES, PANTRY SNACKS • MOM: GRILLED CHICKEN, ZUCCHINI CORN CHOWDER SOUP (SWAP ZUCCHINI FOR CABBAGE & CAULIFLOWER & USE FROZEN CORN - IN SEASON BUDGETING!), AVO OIL SWEET POTATO CHIPS, APPLE • DAD: TACO BOWLS, APPLE	• CHIPOTLE LIME CHICKEN DINNER BOWLS OVER RICE • APPLES	• AT LUNCHTIME, GRILL ONE PACK OF CHICKEN BREASTS & ZUCCHINI CORN CHOWDER SOUP (SWAP ZUCCHINI FOR CABBAGE & CAULIFLOWER & USE FROZEN CORN - IN SEASON BUDGETING!) (20 MIN TOTAL TIME) FOR MOM'S 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 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. • KIDS - PACK LUNCHES FOR TUESDAY AFTER SCHOOL AND TRACK PRACTICE
TUES	• SAUSAGE & BROCCOLI CHEESE EGG MUFFINS (FROM SAT. MEAL PREP) • COCONUT YOGURT WITH PANTRY GRANOLA & BANANAS (I ALWAYS HAVE A GRANOLA IN THE PANTRY - I MAKE IT EVERY OTHER MONTH. THIS WAS MY COPYCAT BEAR NAKED BRAND FROM MY COOKBOOK, NOURISHED MORNINGS)	• KIDS: 2 KIDS TOOK CHIPOTLE CHICKEN/RICE LEFTOVERS FROM DINNER LAST NIGHT. ONE TEEN PACKED A CHICKEN QUESADILLA LUNCH WITH FRUIT/BUBBIES PICKLES & PANTRY SNACKS. ALL HAD APPLES. • MOM: GRILLED CHICKEN, VEG SOUP, AVO OIL SWEET POTATO CHIPS, APPLE • DAD: TACO BOWLS, APPLE	• 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. • TEENS WILL HAVE SHEET PAN MEATBALLS (DOUBLE MEATBALLS), MASHED SWEET POTATOES, SALADS WITH RANCH, AND BANANAS. MOM TAKES THIS WITH HER TO TRAVEL FOR GYMNASTICS PRACTICE.	• MAKE THE SHEET PAN MEATBALLS & MASHED SWEET POTATOES, AS WELL AS RANCH DRESSING. I WORK FROM HOME AND DO THIS BEFORE LEAVING TO TAKE YOUNGEST TO GYMNASTICS, BUT IT COULD BE DONE ON A PREP DAY TO RE-HEAT. • PREP ELECTROLYTE PROTEIN SMOOTHIE FOR YOUNGEST AFTER PRACTICE • PREP APPLE & CINNAMON OATMEAL INTO A POT FOR BREAKFAST IN THE MORNING (5 MIN PREP) • TEENS - PACK LUNCHES FOR WEDNESDAY AFTER SCHOOL AND TRACK PRACTICE
WED	• MAPLE BROWN SUGAR BAKED OATMEAL SQUARES FROM THE FREEZER (THESE WERE MADE LAST WEEK - MAKES A LOT!) • CHICKEN SAUSAGE • EGGS	• KIDS: YOUNGEST HAS MEATBALLS & MASHED SWEET POTATOES F/ DINNER LAST NIGHT. TEENS: PREP DAY RANCH CHICKEN SALAD ON SANDWICHES, SOME OF MOM'S LUNCH PREP VEG SOUP, PANTRY SNACKS, APPLES, • MOM: GRILLED CHICKEN, VEG SOUP, AVO OIL SWEET POTATO CHIPS, APPLE • DAD: GRILLED CHICKEN/RICE & APPLE	• SHEET PAN FISH TACOS • BANANAS OR APPLES	• KIDS - PACK LUNCHES FOR THURSDAY AFTER SCHOOL AND TRACK PRACTICE
THURS	• LEFTOVER CINNAMON APPLE CINNAMON OATMEAL FROM WED. • CHICKEN SAUSAGE • EGGS	• KIDS: YOUNGEST & 1 TEEN STUFFED PEPPER SKILLET DINNER LEFTOVERS FROM LAST NIGHT, APPLE. THE OTHER TEEN TUNA SALAD WRAPS, LEFTOVER ROASTED VEGGIES, APPLE, PANTRY SNACKS • MOM: GRILLED CHICKEN, AVO OIL FROZEN VEG BLEND FROM COSTCO, AVO OIL SWEET POTATO CHIPS, APPLE • DAD: TACO BOWLS, APPLE	• PASTA NIGHT TO FUEL FOR FRIDAY (FRI - YOUNGEST GYMNASTICS MEET AT 11AM. 2 TEENS TRACK MEET AFTER SCHOOL) DOUBLE NUTRIENT DENSE SPAGHETTI TO ENSURE LEFTOVERS FOR FRIDAY FUEL • BANANAS OR APPLES OR GRAPES	• MOM PACKS THE SPAGHETTI DINNER FOR YOUNGEST AND MOM TO HAVE BEFORE GYMNASTICS PRACTICE. YOUNGEST ATE HALF BEFORE AND HALF AFTER PRACTICE. • TEENS - AFTER PRACTICE, PACK TRACK MEET SANDWICH AND SNACKS FOR FRIDAY. THEY WILL TAKE SPAGETTI IN THERMOSES FOR LUNCH AT SCHOOL.
FRI	• FREEZER PROTEIN WAFFLES (THESE ARE STASHED AWAY FROM SUNDAY BREAKFASTS) WITH PB OR COCONUT BUTTER • AMYLOU CHICKEN SAUSAGE PATTIES • EGGS	• TEENS TAKE THERMOS SPAGHETTI TO SCHOOL WITH FRUIT OF CHOICE & PANTRY SNACKS AS NEEDED. • YOUNGEST HAS CHICKEN SANDWICH, BANANA W/ PB, & HONEY POUCH BEFORE GYMNASTICS MEET AT 11. • MOM & DAD HAVE CHICKEN SANDWICHES, CHIPS, APPLES BEFORE GOING INTO GYMNASTICS MEET.	• TEENS HAVE CHICKEN SANDWICHES, APPLES, GRANOLA BAR, HONEY POUCH TO EAT ON THE BUS ON THE WAY TO TRACK MEET. LOTS OF SNACKS FOR PRE & POST RACING. • YOUNGEST, MOM, DAD HAVE THERMOSES OF SPAGHETTI LEFT FROM LAST NIGHT FOR THE DRIVE FROM GYMNASTICS MEET TO THE TRACK MEET! YOUNGEST HAS OTHER SNACKS FOR DURING AWARDS AND WHILE SHE WATCHES TRACK MEET.	• LONG DAY! NO FOOD PREP NEEDED!

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!