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2 Week Summer Meal Plan :: Week 1

	BREAKFAST	LUNCH	DINNER	MEAL PREPPING
SAT	• FRITTATA OR FRIED EGGS W/ LEFTOVER VEGGIES FROM THE WEEK • ONE BOWL BISCUITS WITH HONEY • BACON OR SAUSAGE ON THE SIDE OR IN THE FRITTATA • CANTELOUPE	• USE UP ANY LEFTOVERS FROM THE WEEK • OR TUNA SALAD W/ CRACKERS • VEG STICK TRAY • CHOCOLATE COVERED STRAWBERRY POPSICLES	• BEACH NIGHT DINNER! PACKED UP IN A COOLER: GRILLED BBQ CHICKEN, SUMMER GREEN BEAN SALAD, INSTANT POT POTATO SALAD, PEACHES	• MAKE BLENDER BATTER PROTEIN PANCAKES FOR THE FREEZER TO USE FOR BREAKFASTS THIS WEEK • DAD MAKES SKILLET HASH/POTATOES FOR THE FRITTATA BUT MAKES EXTRA TO USE FOR HIS BREAKFASTS THIS WEEK
SUN	• PROTEIN WAFFLES W/ BUTTER, PEANUT BUTTER, & MAPLE SYRUP OR FRUIT SYRUP • BACON OR CHICKEN SAUSAGE	• LEFTOVER BBQ CHICKEN & POTATO SALAD FROM LAST NIGHT • SALADS WITH GREEN GODESS DRESSING • WATERMELON	• HAMBURGERS ON THE GRILL WITH TOPPINGS AND BUBBIES PICKLES • SHEET PAN FRENCH FRIES • SHEET PAN CAULIFLOWER, CORN, AND BROCCOLI • STRAWBERRIES WITH COCOWHIP	• MAKE A WHOLE CHICKEN IN THE INSTANT POT AND SHRED THE MEAT TO USE FOR THE KIDS' LUNCHES THIS WEEK. SAVE THE MEAT STOCK IN THE INSTANT POT TO COOK RICE IN LATER THIS WEEK. • GRILL CHICKEN FOR MOM'S LUNCHES THIS WEEK. • TAKE OUT ENOUGH FREEZER PROTEIN PANCAKES FOR BREAKFAST MONDAY (PREPPED YESTERDAY) • YOUNGEST AND MOM PACK LUNCHES FOR GYMANSTICS PRACTICE DAY TOMORROW
MON	• OLDER 2 KIDS HAVE YOGURT/GRANOLA/BANANA BEFORE XC PRACTICE, THEN COME HOME & HAVE BREAKFAST (EGGS, CHICKEN SAUSAGE, PROTEIN PANCAKES) • YOUNGEST & MOM HAVE EGGS/CHICKEN SAUSAGE, PROTEIN PANCAKES • DAD HAS LEFTOVER HASH FROM THE WEEKEND WITH EGGS AND TURKEY SAUSAGE	• KIDS: CHICKEN PANINIS (USE SUN. PREP CHICKEN), BUBBIES PICKLES, PEACHES, PANTRY SNACKS • MOM: PACKED LUNCH TO GYMNASTICS GRILLED CHICKEN BIG SALAD W/ VEGGIES & PISTACHIOS & HONEY MUSTARD DRESSING, STRAWBERRIES, SWEET POTATO CHIPS • DAD: TACO BOWLS	• SHEET PAN MANGO CHICKEN DINNER OVER MEAT STOCK COOKED RICE • WATERMELON	• AT LUNCHTIME DAD MAKES HIS OWN TACO MEAT FOR TACO BOWLS FOR THE WHOLE WEEK OF LUNCHES. HE WORKS FROM HOME, SO THIS COULD BE A WEEKEND PREP DAY ITEM IF NEED BE. • MOM AND YOUNGEST PACK LUNCHES FOR GYMNASTICS PRACTICE DAY FOR TOMORROW
TUES	• OLDER 2 KIDS HAVE YOGURT/GRANOLA/BANANA BEFORE XC PRACTICE, THEN COME HOME & HAVE BREAKFAST (EGGS, CHICKEN SAUSAGE, PROTEIN PANCAKES) • YOUNGEST & MOM HAVE EGGS/CHICKEN SAUSAGE, PROTEIN PANCAKES • DAD HAS LEFTOVER HASH FROM THE WEEKEND WITH EGGS AND TURKEY SAUSAGE	• KIDS: OLDER 2 KIDS HAD DINNER LEFTOVERS FROM LAST NIGHT. YOUNGEST PACKED CHICKEN SANDWICH, APPLE, SWEET POTATO CHIPS, PB STUFFED DATE FOR AFTER PRACTICE ON THE RIDE HOME. • MOM: PACKED LUNCH TO GYMNASTICS GRILLED CHICKEN BIG SALAD W/ VEGGIES & PISTACHIOS & HONEY MUSTARD DRESSING, PEACHES, SWEET POTATO CHIPS • DAD: TACO BOWLS	• SLOPPY JOE'S DINNER (BUNS FOR THE KIDS, OVER SWEET POTATO FOR MOM) • GRILLED ZUCCHINI & SUMMER SQUASH • AVO OIL CHIPS • CHERRIES	
WED	• OLDER 2 KIDS HAVE ELECTROLYTE SMOOTHIE BEFORE XC PRACTICE, THEN COME HOME & HAVE BREAKFAST WITH MOM AND YOUNGEST! • YOUNGEST & MOM MAKE STRAWBERRIES & CREAM OATMEAL MUFFINS (THIS COULD BE DONE FOR THE FREEZER ON A PREP DAY IF YOU DON'T HAVE A SLOW MORNING AT HOME LIKE WE DO ON WED!), EGGS, CHICKEN SAUSAGE • DAD HAS LEFTOVER HASH FROM THE WEEKEND WITH EGGS AND SAUSAGE	• PADDLE BOARDING DAY! PACKED UP LEFTOVER SLOPPY JOE'S FROM LAST NIGHT, BUBBIES PICKLES, CHIPS, WATERMELON • DAD HAS HIS TACO BOWL MEAL PREP	• GRILLED CHICKEN PESTO PASTA SALAD • CHOCOLATE COVERED STRAWBERRY POPSICLES	• 10 MIN PREP VEG & CHICKEN TO DUMP INTO SLOW COOKER FOR SLOW COOKER CHICKEN FAJITAS TOMORROW. • MOM AND YOUNGEST PACK LUNCHES FOR GYMNASTICS PRACTICE DAY FOR TOMORROW
THURS	• OLDER 2 KIDS HAVE ELECTROLYTE SMOOTHIE BEFORE XC PRACTICE, THEN COME HOME & HAVE BREAKFAST (EGGS, CHICKEN SAUSAGE, MUFFINS FROM WED) • YOUNGEST & MOM HAVE EGGS/CHICKEN SAUSAGE, MUFFINS FROM WED • DAD HAS LEFTOVER HASH FROM THE WEEKEND WITH EGGS AND TURKEY SAUSAGE	• LEFTOVER GRILLED CHICKEN PESTO PASTA SALAD FROM DINNER LAST NIGHT • PEACHES & PANTRY SNACKS AS NEEDED • DAD: TACO BOWLS	• SLOW COOKER CHICKEN FAJITAS IN RICE BOWLS WITH GUAC AND SALSA • CANTELOUPE	• PUT FAJITA INGREDIENTS INTO SLOW COOKER ON LOW BEFORE LEAVING FOR MORNING GYMNASTICS. • PREP PEACHES AND CREAM OVERNIGHT OATS FOR BREAKFAST IN THE MORNING. KIDS MAKE THEIR OWN! • MOM & YOUNGEST PACK LUNCHES FOR GYMNASTICS PRACTICE DAY FOR TOMORROW
FRI	• OLDER 2 KIDS HAVE YOGURT/GRANOLA/BANANA BEFORE XC PRACTICE, THEN COME HOME & HAVE BREAKFAST (EGGS, CHICKEN SAUSAGE, OVERNIGHT OATS) • YOUNGEST & MOM HAVE EGGS/CHICKEN SAUSAGE, PEACHES & CREAM OVERNIGHT OATS • DAD HAS LEFTOVER HASH FROM THE WEEKEND WITH EGGS AND TURKEY SAUSAGE	• LEFTOVER FAJITA RICE BOWLS LAST NIGHT DINNER (MOM & YOUNGEST PACK IN THERMOSES FOR GYMNASTICS PRACTICE) • STRAWBERRIES & PANTRY SNACKS AS NEEDED • DAD: TACO BOWLS	• PAN SEARED WILD CAUGHT SALMON • RAINBOW BROCCOLI SALAD • SWEET POTATO CHIPS • CHERRIES	• ASSESS IF THERE'S ENOUGH LEFTOVERS FOR THE WEEKEND LUNCHES, AND DECIDE WHAT MEAT TO THAW FOR THE WEEKEND MEALS. • GET 5 MINUTE BLENDER LIME GREEN POPSICLES INTO THE POPSICLE MOLD FOR THE WEEKEND

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!

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2 Week Summer Meal Plan :: Week 2

	BREAKFAST	LUNCH	DINNER	MEAL PREPPING
SAT	• FRITTATA W/ LEFTOVER VEGGIES FROM THE WEEK • STARBUCKS COPYCAT BLUEBERRY MUFFINS - DOUBLE BATCH AND FREEZE FOR FUTURE BREAKFASTS • BACON OR SAUSAGE ON THE SIDE OR IN THE FRITTATA • CHERRIES	• USE UP ANY LEFTOVERS FROM THE WEEK • OR TUNA SALAD W/ CRACKERS • VEG STICK TRAY • WATERMELON	• SHEET PAN ROASTED/AIR FRIED CHICKEN SAUSAGE, POTATOES, SUMMER SQUASH, & BROCCOLI (CHICKEN SAUSAGE IS THE AIDELL'S NATURAL APPLE SMOKED CHICKEN SAUSAGE FROM COSTCO) • LIME GREEN POPSICLES!	• MAKE GRANOLA TO USE FOR BREAKFAST THIS WEEK (THIS BATCH WILL LAST FOR A GOOD 2-3 WEEKS! 4 GRANOLA FLAVOR RECIPES ARE IN MY COOKBOOK NOURISHED MORNINGS!) • DAD MAKES SKILLET HASH/POTATOES FOR THE FRITTATA BUT MAKES EXTRA TO USE FOR HIS BREAKFASTS THIS WEEK • GET MINT CHOCOLATE CHIP ICE CREAM INTO THE CHURNER (TAKES LESS THAN 10 MINUTES!) FOR ICE CREAM AFTER SUNDAY DINNER TOMORROW!
SUN	• PROTEIN WAFFLES W/ BUTTER, PEANUT BUTTER, & MAPLE SYRUP OR FRUIT SYRUP • BACON OR CHICKEN SAUSAGE	• BEACH DAY LUNCH! PACKED IN A COOLER: INSTANT POT PULLED BBQ CHICKEN SANDWICHES (SAVE EXTRA BBQ CHICKEN FOR THE KIDS' LUNCHES THIS WEEK), CHIPS, CARROTS/CUCUMBERS W/ 5 MINUTE RANCH, STRAWBERRIES	• GRILLED STEAKS • ROASTED CRISPY BABY POTATOES • ROASTED ASPARAGUS • MINT CHOCOLATE CHIP ICE CREAM!	• EARLY MORNING GET WHOLE CHICKEN INTO THE INSTANT POT TO SHRED UP FOR BBQ CHICKEN SANDWICHES LATER. COULD ALSO DO THIS OVERNIGHT IN A SLOW COOKER! • YOUNGEST AND MOM PACK LUNCHES FOR GYMANSTICS PRACTICE DAY TOMORROW
MON	• OLDER 2 KIDS HAVE YOGURT/GRANOLA/BANANA BEFORE XC PRACTICE, THEN COME HOME & HAVE BREAKFAST (EGGS, CHICKEN SAUSAGE, WAFFLES LEFT FROM SUNDAY) • YOUNGEST & MOM HAVE GRANOLA/COCONUT MILK/STRAWBERRIES EGGS/CHICKEN SAUSAGE, • DAD HAS LEFTOVER HASH FROM THE WEEKEND WITH EGGS AND TURKEY SAUSAGE	• LEFTOVER PULLED BBQ CHICKEN F/ LUNCH YESTERDAY ON BUNS FOR THE KIDS. MOM HAS HER'S IN A THERMOS AT GYMNASTICS WITH LEFTOVER ROASTED POTATOES & ASPARAGUS FROM DINNER LAST NIGHT. • PEACHES & PANTRY SIDES AS NEEDED • DAD - CHICKEN CAESAR SALAD, CHIPS, APPLE	• PAN SEARED WILD CAUGHT SALMON & COD (USING UP WHAT IS IN THE FREEZER & THERE WAS ONLY A COUPLE OF EACH LEFT!) • ROASTED SWEET POTATOES • ROASTED SUMMER SQUASH, ZUCCHINI, & BROCCOLI • KIDS ALSO HAD RICE • CANTELOUPE	• DAD MAKES HIS OWN GRILLED CHICKEN AND CAESAR DRESSING FOR THE WHOLE WEEK OF LUNCHES. HE WORKS FROM, SO THIS COULD BE A WEEKEND PREP DAY ITEM IF NEED BE. • YOUNGEST AND MOM PACK LUNCHES FOR GYMANSTICS PRACTICE DAY TOMORROW
TUES	• OLDER 2 KIDS HAVE YOGURT/GRANOLA/BANANA BEFORE XC PRACTICE, THEN COME HOME & HAVE BREAKFAST (EGGS, CHICKEN SAUSAGE, BLUEBERRY MUFFINS FROM THE FREEZER) • YOUNGEST & MOM HAVE GRANOLA/COCONUT MILK/STRAWBERRIES EGGS/CHICKEN SAUSAGE, • DAD HAS LEFTOVER HASH FROM THE WEEKEND WITH EGGS AND TURKEY SAUSAGE	• KIDS HAVE TUNA SALAD SANDWICHES, CHERRIES, BUBBIES PICKLES, PANTRY SIDES • MOM HAS THE LAST OF THE BBQ PULLED CHICKEN ON A SALAD WITH VEGGIES AND SWEET POTATO CHIPS AND CHERRIES ON THE SIDE - PACKDED FOR GYMNASTICS • DAD - CHICKEN CAESAR SALAD, CHIPS, APPLE	• PADDLE BOARDING NIGHT! PACKED UP CHICKEN CAESAR PASTA SALAD & PEACHES	
WED	• OLDER 2 KIDS HAVE ELECTROLYTE SMOOTHIE BEFORE XC PRACTICE, THEN COME HOME & HAVE BREAKFAST WITH MOM AND YOUNGEST! • YOUNGEST & MOM MAKE SKILLET OAT BLUEBERRY PANCAKE (THIS COULD BE DONE FOR THE FREEZER ON A PREP DAY IF YOU DON'T HAVE A SLOW MORNING AT HOME LIKE WE DO ON WED!), EGGS, CHICKEN SAUSAGE • DAD HAS LEFTOVER HASH FROM THE WEEKEND WITH EGGS AND SAUSAGE	• BEACH DAY PACKED LUNCHES! LEFTOVER CHICKEN CAESAR PASTA SALAD, WATERMELON, PANTRY SNACKS • DAD - CHICKEN CAESAR SALAD, CHIPS, APPLE	• INSTANT POT RANCH CHICKEN SALAD SANDWICHES ON SOURDOUGH • BUBBIES PICKLES • STRAWBERRIES • CHIPS	• EARLY MORNING GET WHOLE CHICKEN INTO THE INSTANT POT TO SHRED FOR RANCH CHICKEN SALAD FOR DINNER. COULD ALSO DO THIS OVERNIGHT IN A SLOW COOKER! • YOUNGEST AND MOM PACK LUNCHES FOR GYMANSTICS PRACTICE DAY TOMORROW
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FRI	• OLDER 2 KIDS HAVE ELECTROLYTE SMOOTHIE BEFORE XC PRACTICE, THEN COME HOME & HAVE BREAKFAST (EGGS, CHICKEN SAUSAGE, OVERNIGHT OATS) • YOUNGEST & MOM HAVE EGGS/CHICKEN SAUSAGE, STRAWBERRIES & CREAM OVERNIGHT OATS • DAD HAS LEFTOVER HASH FROM THE WEEKEND WITH EGGS AND TURKEY SAUSAGE	• KIDS HAD RANCH CHICKEN SALAD SANDWICHES, BANANAS, BUBBIES PICKLES, AND PANTRY SNACKS • MOM HAD LEFTOVER MEXICAN STREET CORN CHICKEN BOWL IN A THERMOS AT GYMNASTICS • DAD - CHICKEN CAESAR SALAD, CHIPS, APPLE	• CHIMICHURRI FLANK STEAK BOWLS • WATERMELON • LIME GREEN POPSICLES FROM THE FREEZER STASH!	• ASSESS IF THERE'S ENOUGH LEFTOVERS FOR THE WEEKEND LUNCHES, AND DECIDE WHAT MEAT TO THAW FOR THE WEEKEND MEALS. • PREP FUDGESICLES INTO THE POPSICLE MOLD FOR THE WEEKEND!

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