

# Our Weekly Meal Plan - Week of \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Smoothies & HB eggs	LO Quiche Cups	<u>Breakfast Banana Splits</u> (made with <u>Grain Free Granola</u> )	Fried Eggs & Veggies	Bowl of Granola with Coconut milk & fruit	Breakfast Hash	Sausage Egg "McMuffins" with <u>paleo English muffins</u>
<b>Lunch</b>	LO	Tuna Salad	LO Sweet & Sour Chicken & Broccoli Rice Bowls, Mandarin Oranges	<u>7 layer Dip</u> with chips and veg for dipping (- s cream, add LO taco meat)	Stuffed French toast sticks, yogurt	BLTs, veggies	LO
<b>Dinner</b>	Pizza / tortilla pizza	Sweet & Sour Chicken & broccoli	Tacos	LO <u>Cauliflower Fried Rice</u>	Tenderloin Tips over Noodles, sautéed veg	LO (Date Night— Mom and Dad eat out!)	<u>Grilled Balsamic Steak</u> with roasted veg
<b>Snacks/ Desserts</b>		Kale Chips, bone broth/gelatin square, yogurt	Hard boiled egg & veggies, bone broth/gelatin square	Guacamole w/ plaintain chips, bone broth/ gelatin square	HB egg, bone broth/gelatin square	apple w/ nut butter, bone broth/gelatin square,	
<b>Prep</b>	Thaw meat for next 2 days, Make Granola, yogurt, & gelatin, prep lunch for tomorrow	Make HB eggs, Prep bfast and lunch for tomorrow	Thaw meat for next day, prep bfast & lunch for tomorrow	Prep bfast and lunch for tomorrow	Thaw meat for next 2 days, prep bfast & lunch for tomorrow	Menu plan for next week! Prep bfast for tomorrow	Thaw meat for next 2 days