

Our Weekly Meal Plan - Week of _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<u>Quiche with Sweet Potato Crust</u>	Scrambled Eggs with sautéed veggies	<u>Cinnamon Apple Breakfast Porridge</u>	Breakfast Burritos—page 54 of AAG Meals Made Simple	LO Quiche	Breakfast Sweet Potato Hash with a Fried Egg	LO Breakfast Burrito
Lunch	Salad with grilled chicken	Almond Butter Apple Slice “Sandwiches” and raw veggies	Taco Salad (LO Taco filling)	<u>Chicken Salad (with paleo mayo)</u>	Yogurt Parfaits with Chopped Nuts, Shredded Coconut and Fruit	LO Spaghetti and Meatballs	LO Soup
Dinner	Mexican Burgers—page 164 of Against All Grain Meals Made Simple	Beef Tacos—page 146 AAG Meals Made Simple	Roast Chicken and Veggies—roast 2 for leftovers	<u>Spaghetti (squash) with meatballs</u>	Mexican Chicken Soup—page 88AAG Meals Made Simple	Baked Whitefish with Roasted veggies	Steak Rice (<u>Cauliflower Rice</u>) Bowls
Snacks/ Desserts	Guacamole & Plantain Chips, bone broth/ gelatin square	<u>Soaked Nuts</u> w/ fruit, bone broth/gelatin square	Hard boiled egg & veggies, bone broth/gelatin square	Leftovers, bone broth/gelatin square	Guacamole w/ veggie sticks	Soaked nuts & Fruit, bone broth/gelatin square	Fruit & nuts/nut butter
Prep	Thaw meat for next 2 days, prep bfast and lunch for tomorrow	Soak nuts for bfast, make burritos, prep bfast and lunch for tomorrow	Start bone broth, thaw meat & prep lunch for tomorrow	Prep lunch for tomorrow	Start soup, thaw meat for next 2 days, prep bfast and lunch for tomorrow	Menu plan for next week!	Thaw meat for next 2 days, prep bfast and lunch for tomorrow