

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	<u>Quiche with Sweet Potato Crust</u> —done as muffins (change ingredients)	Sausage and apples	Hash (leftover meatloaf) w/ sweet potatoes	Almond butter Apples and HB eggs	LO Quiche, Smoothies	Cashew waffles (omit sweet., Against All Grain , pg 36) and bacon	Scrambled eggs and veggies
<b>Lunch</b>	Chili	Tuna Salad	Chopped Asian Salad (veg, mand oranges, red peppers, eggs, Asian dressing)	Yogurt Parfaits with Chopped Nuts, Shredded Coconut and Fruit	LO	LO Chicken strips and apple sauce	Chicken Rice ( <u>Cauliflower Rice</u> ) Bowls
<b>Dinner</b>	LO (clean out the fridge!!)	<u>Meatloaf</u> with mashed cauliflower	<u>Roasted Tom Soup</u> (I add in other veggies, use c. oil for butter)	<u>Beef Stew</u>	<u>Chicken Strips</u> and Roasted sweet potatoes	<u>Fish Tacos</u> in lettuce leaves	<u>Paleo Chicken Pot Pie</u>
<b>Snacks/ Desserts</b>	Guacamole & Plainain Chips,	Hard boiled egg & veggies, bone broth/gelatin square	Sauteed bananas drizzled w/ coconut milk & shred. coconut	Guacamole w/ veggies	Piece of fruit, bone broth/ gelatin square	Soaked nuts & Fruit, bone broth/gelatin square	Fruit & nuts/nut butter, bone broth/gelatin square
<b>Prep</b>	Thaw meat for next days, prep bfast and lunch for tomorrow	Make HB eggs, Prep bfast and lunch for tomorrow	Thaw meat for next 2 days & prep bfast and lunch for tomorrow		Thaw meat for next 2 days, prep bfast for tomorrow	Menu plan for next week!	Thaw meat for next 2 days