

Our Weekly Meal Plan - Week of _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Bacon & Eggs	<u>Cinnamon Apple Breakfast Porridge</u>	<u>Avocado Bacon & Eggs</u>	<u>Breakfast Banana Splits</u> (made with <u>Grain Free Granola</u>)	Fried Eggs & Veggies	Breakfast Hash	<u>Quiche with a spaghetti squash crust</u>
Lunch	LO	Zucchini Pizza Boats	Chicken & Veggie, & Cauliflower Rice Bowls	LO Soup,	LO Loaded Mashed Sw Potatoes	<u>Cauliflower Fried Rice</u>	LO
Dinner	Chicken Noodle Soup	Grilled Chicken Breasts, <u>Tomato Beet Salad</u>	Loaded Mashed (Sweet) Potatoes	Burgers, Tomato Cucumber Salad	LO	Spaghetti (Squash) with Meat Sauce	<u>Hawaiian Chicken</u>
Snacks/ Desserts	<u>Zucchini Chips</u>	Hard boiled egg & veggies, bone broth/gelatin square	Kale Chips	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
Prep	Thaw meat for next 2 days, Make Granola, prep bfast and lunch for tomorrow	Make HB eggs, Prep bfast and lunch for tomorrow	Thaw meat for next day, prep bfast for tomorrow	Prep bfast and lunch for tomorrow	Thaw meat for next 2 days, prep bfast for tomorrow	Menu plan for next week! Prep bfast for tomorrow	Thaw meat for next 2 days