

Weekly Meal Plan 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Poached Eggs + Toast or Pancakes	Smoothies (Hard boil a dozen eggs for the week)	Yogurt Parfait's (IP Yogurt w/ IP Lemon Curd or IP Compote)	IP Steel Cut Oats + Smoothies (freeze leftovers for smoothie pops)	Breakfast Casserole	Pancakes with applesauce or compote	IP French Toast Bake
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
IP Spiced applesauce (reserve some for applesauce pancakes)	Egg salad or hard boiled eggs with a salad (save half of the eggs for snacks)	Cook 5 lbs. potatoes (save half) make IP potato salad + sandwiches	Tacos using leftover Black Bean and corn + some leftover chicken	IP Ham N Split Pea Soup (Freeze leftover soup for next week)	IP Butternut Squash Mac N Cheese	IP Chili with Nachos or Potatoes (Freeze leftover chili for next week)
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
IP Black Beans- make corn and black bean tacos	IP Honey Mustard Chicken + potatoes and asparagus	IP Chicken (save leftovers for Thursdays dinner) Twice Baked potatoes	IP spaghetti with ground beef Garlic Bread + Salad (Freeze leftovers for lunches next week)	IP chicken Pot Pie (using the rest of the leftover chicken)	IP Ribs & IP Mashed potatoes with side salad	IP Butternut Squash Mac N Cheese with Salad and Garlic Brussel Sprouts
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
(yogurt making tonight)		IP Banana Bread		IP Custard		IP Crème Brulee