

Meal Plan

To do...

This Week...

<div>_____</div> <div>B</div> <div>L</div> <div>S</div> <div>Snack</div>		
<div>_____</div> <div>B</div> <div>L</div> <div>S</div> <div>Snack</div>		
<div>_____</div> <div>B</div> <div>L</div> <div>S</div> <div>Snack</div>		
<div>_____</div> <div>B</div> <div>L</div> <div>S</div> <div>Snack</div>		
<div>_____</div> <div>B</div> <div>L</div> <div>S</div> <div>Snack</div>		
<div>_____</div> <div>B</div> <div>L</div> <div>S</div> <div>Snack</div>		
<div>_____</div> <div>B</div> <div>L</div> <div>S</div> <div>Snack</div>		



****Be sure to print the first page above (even print a good 10 of them!) so that you have them to write out your meal plans on. If you like this idea better than a white board, of course :)**

<i>Meal Plan</i>	<i>To do...</i>	<i>This Week...</i>
<u>Sunday</u> B smoothies, cereal L pancakes, eggs S pad thai Snack popcorn, apples	*hard boil eggs in AM - soak black beans - Make chicken broth	
<u>Monday</u> B French toast, fruit L wraps, chicken/veg S soup, carrot/chicken Snack smoothie, goldfish	- soups: carrot and chicken (use broth!) - Cook beans&lentils - Make granola balls - Banana&cinnamon muffins	
<u>Tuesday</u> B oatmeal L chicken, pasta, pesto S chicken curry Snack veg, hummus, muffins, balls	- make carrot salad - Make 3 salad-in-a-jars - Cook chicken breast in slow cooker at noon	
<u>Wednesday</u> B smoothies, cheerios L soup, naan bread S salmon, rice, broccoli Snack veggie tray	- make fruit salad	
<u>Thursday</u> B French toast, fruit salad L veggies, goat cheese, crackers, pepperettes S tacos, carrot salad Snack smoothies, goldfish	- make black bean brownies - Make oatmeal muffins	
<u>Friday</u> B oatmeal L waffles, fruit salad S nachos & leftovers Snack popcorn, smoothies		
<u>Saturday</u> B bacon&eggs, fruit salad L veggie spread S roast beef, roasted veg Snack muffins, balls, apples		

*****These meal ideas above are not my own. They are from Frugal Kitchen. However, it helps you to see how this chart works!**

- My favorite part is the middle column because it helps release my mental load. It's where I write down the things that need to be done in the kitchen that day, anything I usually keep in my brain 🍷
- The far right column is where I write anything else that I need to remember. Like kids' birthday parties, or friends visiting, or when grocery shopping needs to get done, that sort of thing. Then I can work it into my week on lighter kitchen days.. 🍷
- As you can see, Monday is the biggest kitchen day...that's on purpose so I can show you how easy it can be to make soups, muffins, and granola balls that we can enjoy as a family throughout the week!
- Keep your creative hat on. It's amazing what we can think of to make when we tell ourselves "what creative meal can I make with the food I have in my house, right now"



