

# Meal Plan

10.30.17 - 11.5.17

## Monday:

BREAKFAST: OATMEAL WITH FROZEN WILD BLUEBERRIES, ALMOND BUTTER, CHIA SEEDS

LUNCH: SALAD WITH CHICKEN, VEGGIES, AND TESSE MAE'S DRESSING

PRESCHOOL LUNCH: APPLESAUCE, WRAP WITH CHICKEN, CHEESE AND MUSTARD, CUCUMBER AND VEGGIE STRAWS WITH HUMMUS

DINNER: DAIRY-FREE POTATO SOUP WITH CHICKEN, SAUSAGE, AND SPINACH

## Tuesday:

BREAKFAST: TOAST WITH ALMOND BUTTER, BANANA, CINNAMON, HEMP SEEDS

LUNCH: SALAD WITH CHICKEN, VEGGIES, AND TESSE MAE'S DRESSING

PRESCHOOL LUNCH: APPLESAUCE, WRAP WITH CHICKEN, CHEESE AND MUSTARD, CUCUMBER AND VEGGIE STRAWS WITH HUMMUS

DINNER: WITH FRIENDS, BEFORE TRICK-OR-TREATING (TACO SOUP NIGHT)

## Wednesday:

BREAKFAST: ROASTED SWEET POTATO, SPINACH, TOMATO, AND FRIED EGG

LUNCH: SALAD WITH CHICKEN, VEGGIES, AND TESSE MAE'S DRESSING

PRESCHOOL LUNCH: ANIMAL CRACKERS & ALMOND BUTTER; STRING CHEESE; CUCUMBER, HUMMUS; PLANTAIN CHIPS; APPLESAUCE

DINNER: DAIRY-FREE POTATO SOUP WITH CHICKEN, SAUSAGE, AND SPINACH

## Thursday:

BREAKFAST: SCRAMBLED EGGS WITH SPINACH

LUNCH: ROASTED VEGETABLES AND PLANTAIN CHIPS; GRAIN-FREE "OATMEAL" FOR SNACK

PRESCHOOL LUNCH: ANIMAL CRACKERS & ALMOND BUTTER; STRING CHEESE; CUCUMBER, HUMMUS; PLANTAIN CHIPS; BANANA

DINNER: GRAIN, VEGGIE, AND CHICKEN BOWLS (DETAILS BELOW PICTURE)

DESSERT: HEALTHY APPLE CRISP

## Friday:

BREAKFAST: OATMEAL WITH LEFTOVER APPLE CRISP

LUNCH: ROASTED VEGGIE BOWL

PRESCHOOL LUNCH: SCRAMBLED EGGS WITH QUINOA, ROASTED SWEET POTATO, SPINACH, ROASTED ZUCCHINI, AND GOAT CHEESE FOR BOTH BOYS (AT HOME)

DINNER: CAMPING MEAL! CHEESEBURGERS GRILLED OVER THE FIRE; S'MORES

## Saturday:

BREAKFAST: LEFTOVER ROASTED POTATOES WITH FRIED EGG

LUNCH: QUINOA BOWLS WITH LEFTOVER VEGGIES, CHICKEN, AND CASHEW CREAM SAUCE

DINNER: BOYS HAD BROCCOLI, CHICKEN, AND RICE CASSEROLE THAT I HAD IN THE FREEZER; TODD AND I WENT OUT FOR A SUSHI AND RAMEN DATE!

## Sunday:

BREAKFAST: TOAST WITH GHEE; SPINACH SCRAMBLED EGGS

LUNCH: VIVA CHICKEN WITH FRIENDS AFTER CHURCH

DINNER: LEFTOVER VIVA CHICKEN! TODD AND I HAD OURS OVER A SPINACH SALAD