

WEEKLY MEAL PLANNER

WEEK

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				





The Nourishing Home's Healthy Weekly Meal Plan

(for more meal planning ideas and recipes, visit <http://TheNourishingHome.com>)



Meals	MON	TUES	WED	THURS	FRI	SAI	SUN
Dinner	• Caprese Pasta • Mesclun Salad w/Homemade Balsamic Vinaigrette	• Grilled Chicken w/Pineapple Salsa • Black Beans • Browni Rice	• Turkey-Veggie Burgers • Caribbean Carrot Salad • Healthy Fries	• Strawberry-Feta Salad with Grilled Chicken • Almond Flour Biscuits w/Butter	• Italian Sausage, Kale & White Bean Soup • Sourdough Rolls w/Butter	• Grilled Fish Provençal w/Wild Rice & Asparagus • Dessert: Strawberry Shortcakes	• Grilled Veggie Quesadillas • Black Beans & Brown Rice • Guac, Salsa & Sour Cream
Lunch	• Carrot-Cheddar Sandwich • Pineapple Slices	• Leftover Caprese Pasta • Raw Veggies w/Ranch Dip	• Grilled Chicken Salad Wrap • Strawberries	• Avocado Egg Salad Sandwich • Cultured Pickles	• Tuna Salad w/Whole Grain Crackers • Fresh Cherries	• Leftover Italian Sausage Soup • Sourdough rolls w/Butter	• Grilled Turkey Reuben • Cultured Sauerkraut • Apple Slices
Breakfast	• Cinnamon Streusel Muffins • Poached Eggs • Fruit Smoothie	• Toad-n-the-Hole • Fresh Berries w/Vanilla Yogurt	• Fruit & Yogurt Parfaits • Boiled Eggs	• Homemade Granola w/Fresh Diced Cherries & Almond Milk	• Soaked Oatmeal w/Ripe Pear & Raw Honey • Boiled Eggs	• French Toast Casserole • Nitrate-Free Bacon • Fresh Berries	• Fluffy Almond Flour Pancakes • Scrambled Eggs • Mixed Berries
Do Ahead	MON	TUES	WED	THURS	FRI	SAT	SUN
Tasks to do to "prep" for next day	• Save extra caprese pasta for tomorrow's lunch • Soak beans and rice for tomorrow's dinner	• Grill extra chicken to make chicken salad & for Thurs' dinner • Save extra black beans and rice for Sun's dinner	• Boil extra eggs to make egg salad for tomorrow's lunch	• Soak oats for tomorrow's breakfast	• Save extra soup for tomorrow's lunch • Prepare French toast casserole and refrigerate overnight	• Make meal plan for next week • Go to market	• PREP DAY (prep ahead as needed for next week's meal plan)