



# WEEKLY MEAL PLAN



WEEK OF 1/6/14	BREAKFAST	LUNCH	DINNER	SHOPPING LIST				
<b>MONDAY</b>	<u>Gingerbread overnight oats</u> (My Whole Food Life)	<u>Muffin</u> , Yogurt, Whole Wheat pitas and <u>Hummus</u> , fruit	<u>Asian Short Ribs</u> (100 Days), faro, sliced cucumbers	<ul style="list-style-type: none"> <li>✓ Eggs</li> <li>✓ Whole wheat bread</li> <li>✓ Oats</li> <li>✓ Bananas</li> </ul>				
<b>TUESDAY</b>	Eggs, whole wheat toast, fruit	<u>Pear Applesauce</u> , <u>Carrot Cake Larabar Bites</u> , cheese quesadilla with <u>homemade tortillas</u> (using extras for dinner Jan. 10), carrots and <u>ranch</u>	<u>Macaroni and cheese</u> (double batch so some for lunch), salad with homemade vinaigrette (3/4 canola, 1/4 cup red wine vinegar, 2 TBL Dijon mustard, 1/2 tsp salt, 1/4 tsp pepper)	<ul style="list-style-type: none"> <li>✓ Fruit</li> <li>✓ Whole wheat pitas</li> <li>✓ Pears</li> <li>✓ Apples</li> <li>✓ Yogurt</li> <li>✓ Chicken</li> <li>✓ Coconut milk</li> <li>✓ Carrots</li> <li>✓ Walnuts</li> <li>✓ Shredded coconut</li> <li>✓ Medjool dates</li> <li>✓ Dried pineapple</li> <li>✓ Whole wheat couscous</li> <li>✓ Fish (wild-caught, fresh white fish)</li> <li>✓ Mango</li> <li>✓ Cilantro</li> <li>✓ Limes</li> <li>✓ Milk</li> <li>✓ Sharp white cheddar</li> <li>✓ Whole chicken</li> <li>✓ Butternut squash</li> <li>✓ Leeks</li> </ul>				
<b>WEDNESDAY</b>	<u>Peanut butter cup granola</u> (My Whole Food Life) and milk	<u>Muffin</u> , Yogurt, leftover <u>Macaroni and cheese</u> , fruit	<u>Moroccan Fish with mango</u> , brown rice (my family doesn't like couscous), broccoli,					
<b>THURSDAY</b>	Eggs, whole wheat toast, fruit	<u>Pear Applesauce</u> , <u>Carrot Cake Larabar Bites</u> , whole wheat bagel and cream cheese, cucumbers and <u>ranch</u>	<u>Coconut Chicken Satay</u> (double batch so some for lunch but no peanut butter for school), whole wheat noodles, salad with homemade vinaigrette					
<b>FRIDAY</b>	<u>Blueberry oatmeal waffles</u> : (My Whole Food Life)	Muffin, Yogurt, leftover <u>Coconut Chicken Satay</u> (without peanut butter), fruit	<u>Pork carnitas tacos</u> , <u>refried beans in the slow cooker</u> , corn					
<b>SATURDAY</b>	<u>Banana pancakes</u> , eggs	Peanut butter and honey sandwiches on whole wheat, fruit	<u>Butternut squash soup</u> (double), grilled cheese sandwiches					
<b>SUNDAY</b>	Eggs, whole wheat toast, fruit	Leftover <u>Butternut squash soup</u> , whole wheat pitas with cheese	Roasted chicken, new potatoes, cooked carrots	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th colspan="2">SNACKS</th> </tr> </thead> <tbody> <tr> <td>Cheese Nuts</td> <td>Fruit</td> </tr> </tbody> </table>	SNACKS		Cheese Nuts	Fruit
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## MAKE AHEAD

Jan 4 – make Muffins (blueberry sunflower) freeze some  
 Jan 5 – make Gingerbread overnight oats, Hummus, ranch, make spice mixture for Asian Short Ribs (season ribs Jan 6AM)  
 Jan 6 – make Pear Applesauce, homemade tortillas, Carrot Cake Larabar Bites

Jan 7 – make Peanut butter cup granola  
 Jan 9 – (overnight) refried beans in the slow cooker,  
 Jan 10 – bake squash for soup