



The Nourishing Home's Healthy Weekly Meal Plan



Meals	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast	Hard-boiled Eggs Apple	Smoked Salmon Roasted Asparagus Cherry Tomatoes	Hard-boiled Eggs Apple	Sweet Potato Pancakes Eggs	Scrambled Eggs with Peppers and Caramelized Onions	Smoked on Cuke Slices Cherry Tomatoes	Fried Eggs Sweet Potato Hash Browns
Lunch	Mixed Greens Salad with Salmon, Peppers, and Avocado	Salmon Salad Mixed Greens	Leftover Beef Roast and Carrots	Out to lunch	Chicken Salad Apple	Deviled Eggs Carrots with Guac	Pork Tenderloin on Apple Slices
Dinner	Balsamic Chicken Roasted Veg	Slow-Cooked Beef Roast and Carrots	Pork Tenderloin Broccoli Sweet Potatoes (topped with coconut oil, cinnamon, and walnuts)	Fish Tacos Mexican Cauli Rice	Burgers Sweet Potato Fries Mandarin Salad Guac	Pulled Pork Coleslaw Cinnamon Apples	Ginger-Lime Shrimp Almond Green Beans
Do Ahead	MON	TUES	WED	THURS	FRI	SAT	SUN
Tasks to do to "prep" for next day	Mayo	Chicken Stock	Carmelized Onions	Deviled Eggs		Marinara Sauce	Beef Jerky