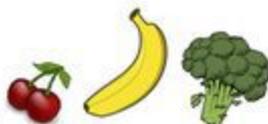




# The Nourishing Home's Healthy Weekly Meal Plan

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



Meals	MON	TUES	WED	THURS	FRI	SAT	SUN
Dinner	<ul style="list-style-type: none"> <li>• Caprese Pasta</li> <li>• Mesclun Salad w/Homemade Balsamic Vinaigrette</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken w/Pineapple Salsa</li> <li>• Black Beans</li> <li>• Brown Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey-Veggie Burgers</li> <li>• Caribbean Carrot Salad</li> <li>• Healthy Fries</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberry-Feta Salad with Grilled Chicken</li> <li>• Almond Flour Biscuits w/Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Italian Sausage, Kale &amp; White Bean Soup</li> <li>• Sourdough Rolls w/Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Fish Provençal w/Wild Rice &amp; Asparagus</li> <li>• Dessert: Strawberry Shortcakes</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Veggie Quesadillas</li> <li>• Black Beans &amp; Brown Rice</li> <li>• Guac, Salsa &amp; Sour Cream</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Carrot-Cheddar Sandwich</li> <li>• Pineapple Slices</li> </ul>	<ul style="list-style-type: none"> <li>• Leftover Caprese Pasta</li> <li>• Raw Veggies w/Ranch Dip</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken Salad Wrap</li> <li>• Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado Egg Salad Sandwich</li> <li>• Cultured Pickles</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna Salad w/Whole Grain Crackers</li> <li>• Fresh Cherries</li> </ul>	<ul style="list-style-type: none"> <li>• Leftover Italian Sausage Soup</li> <li>• Sourdough rolls w/Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Turkey Reuben</li> <li>• Cultured Sauerkraut</li> <li>• Apple Slices</li> </ul>
Breakfast	<ul style="list-style-type: none"> <li>• Cinnamon Streusel Muffins</li> <li>• Poached Eggs</li> <li>• Fruit Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>• Toad-n-the-Hole</li> <li>• Fresh Berries w/Vanilla Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit &amp; Yogurt Parfaits</li> <li>• Boiled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Granola w/Fresh Diced Cherries &amp; Almond Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Soaked Oatmeal w/Ripe Pear &amp; Raw Honey</li> <li>• Boiled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast Casserole</li> <li>• Nitrate-Free Bacon</li> <li>• Fresh Berries</li> </ul>	<ul style="list-style-type: none"> <li>• Fluffy Almond Flour Pancakes</li> <li>• Scrambled Eggs</li> <li>• Mixed Berries</li> </ul>
Do Ahead	MON	TUES	WED	THURS	FRI	SAT	SUN
Tasks to do to "prep" for next day	<ul style="list-style-type: none"> <li>• Save extra caprese pasta for tomorrow's lunch</li> <li>• Soak beans and rice for tomorrow's dinner</li> </ul>	<ul style="list-style-type: none"> <li>• Grill extra chicken to make chicken salad &amp; for Thurs' dinner</li> <li>• Save extra black beans and rice for Sun's dinner</li> </ul>	<ul style="list-style-type: none"> <li>• Boil extra eggs to make egg salad for tomorrow's lunch</li> </ul>	<ul style="list-style-type: none"> <li>• Soak oats for tomorrow's breakfast</li> </ul>	<ul style="list-style-type: none"> <li>• Save extra soup for tomorrow's lunch</li> <li>• Prepare French toast casserole and refrigerate overnight</li> </ul>	<ul style="list-style-type: none"> <li>• Make meal plan for next week</li> <li>• Go to market</li> </ul>	<ul style="list-style-type: none"> <li>• PREP DAY (prep ahead as needed for next week's meal plan)</li> </ul>