

# Meal Plan - A Family Feast

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Blueberry Muffins</li> <li>• Scrambled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit Smoothie (made with leftover Grilled Fruit)</li> <li>• Scrambled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Hard Boiled Eggs</li> <li>• Overnight Oatmeal &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Muffins</li> <li>• Scrambled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Hard Boiled Eggs</li> <li>• Overnight Oatmeal &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Muffins</li> <li>• Scrambled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Pancakes</li> <li>• Fresh Fruit</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Grilled Fruit Salad</li> <li>• French Baguette &amp; Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Salad Sandwich (made with leftover roast chicken &amp; baguette)</li> </ul>	<ul style="list-style-type: none"> <li>• Leftover Chicken Soup</li> <li>• Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta with Chicken Salad and Chopped Lettuce (all leftovers)</li> </ul>	<ul style="list-style-type: none"> <li>• Taco Salad made with extra taco ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Pork Bahn Mi Sandwich</li> <li>• Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Leftover Chicken Soup</li> <li>• Crackers</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Fresh Garden Salad</li> <li>• Roasted Root Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Soup</li> <li>• Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta with Meat Sauce</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Taco Night</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Pork Tenderloin</li> <li>• Asparagus</li> <li>• Mashed Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• Dinner out!</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta with Meat Sauce</li> <li>• Garden Salad</li> </ul>
DO AHEAD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TASKS TO DO TO PREP FOR THE DAY AHEAD</b>	<p><b>COOKING PREP DAY</b></p> <ul style="list-style-type: none"> <li>• Save leftover meat from roasted chicken for chicken salad</li> <li>• Make chicken soup from roasted chicken carcass and leftover roasted root vegetables</li> <li>• Save leftover grilled fruit for tomorrow's fruit smoothie</li> <li>• Save extra blueberry muffins for breakfast during the week (freeze in individual bags to keep fresh)</li> <li>• Dinner out!</li> </ul>	<ul style="list-style-type: none"> <li>• Cook hard boiled eggs for breakfast</li> <li>• Prepare overnight oatmeal in individual servings</li> <li>• Save last of the chicken salad for pasta salad lunch later in the week</li> <li>• Save leftover chicken soup for lunch tomorrow</li> </ul>	<ul style="list-style-type: none"> <li>• Save extra pasta (without meat sauce) for tomorrow's lunch</li> <li>• Cook extra ground beef for taco dinner</li> </ul>	<ul style="list-style-type: none"> <li>• Save leftover taco ingredients for lunch tomorrow</li> <li>• Prepare overnight oatmeal in individual servings</li> <li>• Cook hard boiled eggs for breakfast</li> </ul>	<ul style="list-style-type: none"> <li>• Save leftover pork tenderloin for tomorrow's lunch</li> <li>• Make meal plan for week ahead</li> <li>• <b>PLACE ORDER FROM PEAPOD FOR GROCERY DELIVERY</b></li> </ul>	<ul style="list-style-type: none"> <li>• Prep slow cooker for tomorrow's dinner</li> <li>• Cook hard boiled eggs for egg salad for lunch tomorrow</li> </ul>	<ul style="list-style-type: none"> <li>• <b>PEAPOD DELIVERY</b></li> <li>• Turn on slow cooker for dinner tonight</li> <li>• Chop lettuce and put in individual serving size containers lunches</li> <li>• Chop fresh fruits and vegetables and divide into snack bags and containers for the week ahead</li> <li>• Slice and divide meats. Freeze as needed for week ahead</li> </ul>