

# WEEKLY MEAL IDEAS

112 EASY FAMILY FRIENDLY IDEAS TO CHOOSE FROM



|     | BREAKFAST                                                                                                                                                                     | LUNCH                                                                                                                                                                      | DINNER                                                                                                                                                         | SNACKS                                                                                                                                                                           |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MON | <ul style="list-style-type: none"> <li>• WAFFLES</li> <li>• SCRAMBLED EGGS</li> <li>• OVERNIGHT OATS</li> <li>• SMOOTHIE BOWLS</li> </ul>                                     | <ul style="list-style-type: none"> <li>• GRILLED CHEESE</li> <li>• COLD MEAT SANDWICH</li> <li>• TUNA SALAD</li> <li>• PEANUT BUTTER &amp; BANANA TOAST</li> </ul>         | <ul style="list-style-type: none"> <li>• HOMEMADE MAC &amp; CHEESE</li> <li>• CHILI</li> <li>• ROAST CHICKEN</li> <li>• MAPLE SALMON</li> </ul>                | <ul style="list-style-type: none"> <li>• APPLES &amp; PEANUT BUTTER</li> <li>• CHEESE &amp; CRACKERS</li> <li>• CUCUMBER &amp; HUMMUS</li> <li>• BLUEBERRY MUFFINS</li> </ul>    |
| TUE | <ul style="list-style-type: none"> <li>• PANCAKES</li> <li>• BREAKFAST BURRITOS</li> <li>• PROTIEN SMOOTHIES</li> <li>• BANANA MUFFINS</li> </ul>                             | <ul style="list-style-type: none"> <li>• TUNA MELT</li> <li>• CHICKEN SALAD SANDWICH</li> <li>• SLOPPY JOES</li> <li>• CHICKEN NOODLE SOUP</li> </ul>                      | <ul style="list-style-type: none"> <li>• HOMEMADE HAMBURGER HELPER</li> <li>• NACHOS (ANY MEAT)</li> <li>• BUTTER CHICKEN</li> <li>• MEAT PIE</li> </ul>       | <ul style="list-style-type: none"> <li>• BONE BROTH HOT CHOCOLATE</li> <li>• POPCORN</li> <li>• HAM &amp; CHEESE PINWHEEL</li> <li>• FROZEN CHOCOLATE BANANA POPSICLE</li> </ul> |
| WED | <ul style="list-style-type: none"> <li>• TOAST WITH TOPPING</li> <li>• EGG BITES</li> <li>• BANANA BREAD</li> <li>• PEANUT BUTTER QUESADILLA</li> </ul>                       | <ul style="list-style-type: none"> <li>• HOMEMADE CHICKEN NUGGETS</li> <li>• ENCHILADAS</li> <li>• TOMATO SOUP</li> <li>• WRAPS (ANY MEAT)</li> </ul>                      | <ul style="list-style-type: none"> <li>• TACOS (ANY MEAT)</li> <li>• SPAGHETTI AND MEATBALLS</li> <li>• MEATLOAF</li> <li>• CHICKEN &amp; VEG SALAD</li> </ul> | <ul style="list-style-type: none"> <li>• SWEET POTATO FRIES</li> <li>• DEVILED EGGS</li> <li>• FRUIT KABOB</li> <li>• PB &amp; J ROLLS</li> </ul>                                |
| THU | <ul style="list-style-type: none"> <li>• BAGELS</li> <li>• FRUIT &amp; YOGURT</li> <li>• BREAKFAST COOKIES</li> <li>• EGG CASSEROLE</li> </ul>                                | <ul style="list-style-type: none"> <li>• YOGURT PARFAIT</li> <li>• TACO IN A BAG</li> <li>• HOT DOGS</li> <li>• EGG SALAD SANDWICH</li> </ul>                              | <ul style="list-style-type: none"> <li>• TATER TOT CASSEROLE</li> <li>• BEEF STEW</li> <li>• HOMEMADE PIZZA</li> <li>• CHEESE QUESADILLAS</li> </ul>           | <ul style="list-style-type: none"> <li>• MINI CHARCUTERIE BOARD</li> <li>• VEGGIE WRAP</li> <li>• KALE CHIPS</li> <li>• GRANOLA &amp; YOGURT</li> </ul>                          |
| FRI | <ul style="list-style-type: none"> <li>• FRENCH TOAST</li> <li>• FRUIT &amp; NUT SALAD</li> <li>• OATMEAL BAKE/CASSEROLE</li> <li>• ZUCCHINI BREAD</li> </ul>                 | <ul style="list-style-type: none"> <li>• TURKEY PINWHEELS</li> <li>• CHICKPEA SALAD</li> <li>• SHRIMP TACOS</li> <li>• BURRITO BOWLS</li> </ul>                            | <ul style="list-style-type: none"> <li>• PORK RIBS</li> <li>• CHICKEN WINGS WITH SAUCE</li> <li>• BEEF STROGANOFF</li> <li>• BBQ STEAK</li> </ul>              | <ul style="list-style-type: none"> <li>• PROTEIN BALLS</li> <li>• MINI BANANA MUFFINS</li> <li>• HOMEMADE FRUIT POPSICLE</li> <li>• APPLE SAUCE</li> </ul>                       |
| SAT | <ul style="list-style-type: none"> <li>• SOFT BOILED EGGS</li> <li>• SWEET POTATO FRITTERS</li> <li>• CINNAMON ROLLS</li> <li>• CRUMPETS &amp; JAM</li> </ul>                 | <ul style="list-style-type: none"> <li>• PIGS IN A BLANKET</li> <li>• MUFFIN TIN PIZZA</li> <li>• PENNE ALFREDO</li> <li>• CUCUMBER &amp; CREAM CHEESE SANDWICH</li> </ul> | <ul style="list-style-type: none"> <li>• LASAGNA</li> <li>• CHICKEN FRIED RICE</li> <li>• PULLED PORK SANDWICHES</li> <li>• HAMBURGERS</li> </ul>              | <ul style="list-style-type: none"> <li>• PEPPERONI STICKS &amp; CHEESE</li> <li>• RASPBERRY SCONES</li> <li>• HOMEMADE GRANOLA BARS</li> <li>• CHIPS &amp; SALSA</li> </ul>      |
| SUN | <ul style="list-style-type: none"> <li>• EGG &amp; BACON SANDWICH</li> <li>• HOMEMADE POP TARTS</li> <li>• CHAFFLES (CHEESE &amp; EGG)</li> <li>• YOGURT POPSICLES</li> </ul> | <ul style="list-style-type: none"> <li>• MEATLOAF MUFFINS</li> <li>• HAMBURGER SOUP</li> <li>• HOMEMADE FISH FINGERS</li> <li>• QUICHE</li> </ul>                          | <ul style="list-style-type: none"> <li>• PORK CHOPS</li> <li>• POT ROAST</li> <li>• STUFFED PEPPERS</li> <li>• POTATO PIZZAS</li> </ul>                        | <ul style="list-style-type: none"> <li>• CARROTS &amp; RANCH SAUCE</li> <li>• NUTS &amp; FRUIT</li> <li>• COOKIES &amp; MILK</li> <li>• YOGURT &amp; HONEY</li> </ul>            |

\*PLEASE NOTE THAT I USUALLY INCLUDE ADDITIONAL SIDES, VEGTABLES, AND FRUIT TO EVERY MEAL. THEY MAY NOT BE SPECIFIED HERE BUT I RECOMMEND IT FOR A MORE BALANCED AND NUTRITIOUS MEAL.