

Weekly Meal Planner - Week One

	Breakfast	Lunch	Dinner (Sunday Night Special Dinner)	Morning prep	Evening prep
Sunday	yogurt and fruit/Smoothie Quinoa/Oatmeal mix Oatmeal - steel cut	Borscht Karloff Soup (LS pg 50 old one)	<i>Roast Beef with potatoes and veggies/salad</i>		*Take out chicken to thaw for dinner tomorrow *Prepare the salad for tomorrow night, cut up potatoes and veggies *Cook marinara sauce, portion and freeze. Make Borscht. *Hard boil eggs, make bean salad
Monday	yogurt and fruit Quinoa/Oatmeal mix Oatmeal - steel cut	leftovers	Dinner (Chicken, Rice Salad & Veggie Night) <i>Roast chicken, potatoes and veggie</i>	*Put chicken, potatoes and veggies in slow cooker and turn on for the day	*Cut up veggies for stir fry *Get lunches packed for next day.
Tuesday	yogurt and fruit/Smoothie Quinoa/Oatmeal mix Oatmeal - steel cut	Lunch <i>Borscht Karloff Soup (LS pg 50 old one)</i> <i>Let it Bean Salad (pg 55 Looneyspoons)</i>	Dinner (Stir Fry Night) <i>Stir Fry chicken and veggies with rice</i>		*Prepare lunch for the next day. *Prep Yabba Dabba Stew for slow cooker tomorrow
Wednesday	yogurt and fruit Quinoa/Oatmeal mix Oatmeal - steel cut	Lunch <i>Name that Tuna Salad (Looneyspoons pg 37) on salad</i>	Dinner (Slow Cooker Stew Night) <i>Yabba Dabba Stew (pg 124 LS old one) salad</i>	*Plug in slow cooker for stew	*Make salad *Cut up veggies for pizza tomorrow *Cut up raw veggies for tomorrow
Thursday	yogurt and fruit/smoothie Oatmeal/Quinoa mix	Lunch <i>Pasta Salad</i>	Dinner (Burger/Pizza night Night) <i>Mini Pizzas (on tortillas) and cut up raw veggies with dip</i>		*Make white rice and put in fridge *Make up chicken salad and put into fridge. *Get lunches packed for next day.
Friday	yogurt and fruit Quinoa/Oatmeal mix Oatmeal - steel cut	Lunch <i>Chicken on Salad</i>	Dinner (Pasta Night) <i>Wonton Soup (pg 67 LS)</i> <i>Fried rice with chicken</i>	*Make Wonton soup during the day	Take freezer inventory for next week's menu day
Saturday	Quick Breakfast Taco (recipe)	Lunch leftovers	Dinner (BBQ Night) <i>chicken thighs, roasted veggies, and potato fries</i>	*Take thighs out of freezer *Make fries with potatoes *Cut up veggies to roast	