

# Meal Options: Weeks 1-2

## Breakfast

- Omelet Cups
- Protein Pancakes
- Boiled Eggs & Toast
- Breakfast Burrito
- Oatmeal & Fruit Cups
- Cold Cereal

## Lunch: Main

- Turkey & Cheese Sandwiches
- Ham & Cheese Sandwiches
- Tuna Salad
- Egg Salad

## Lunch: Sides

### Carbohydrates

- Veggie Straws
- Pretzels

### Veggies

- Broccoli
- Carrots

### Fruits

- Grapes
- Apple Slices

### Protein

- Cheese Cubes
- Hummus

## Snacks

- Boiled Eggs
- Veggies & Ranch Dip
- Fresh Fruit (Bananas, Oranges)

## Dinner\*

1. Zucchini Boats,  
filled with Bolognese
  - Mixed Salad w/ Viniagrette
2. Chicken Taco Salad
  - Spanish Rice
3. Korean Beef Bowls w/Brown Rice
  - Spring Rolls
4. Swedish Meatballs
  - Cauliflower Mash
  - Steamed Green Beans
5. Slow-Cooker Orange Chicken
  - Fried Brown Rice
  - Broccoli
6. Slow-Cooker Chili
  - Cornbread
7. Meatloaf
  - Garlic & Rosemary Sweet Potatoes
  - Peas
8. Chicken & Wild Rice Soup
  - Mixed Greens Salad
9. Chicken Cesar Salad
  - Garlic Bread
  - Tomato Basil Soup
10. Tuscan Garlic Chicken
  - Spaghetti Squash

*\* Meals 11-14: Frozen pizza or dinner from Costco, take-out or eating out, or leftovers for nights when kids aren't at home or nights when we don't feel like cooking*