

Sample Bi-Weekly Meal Plan

(Visit [The Better Mom](#) to check out [The Nourishing Home's](#) free bi-weekly real food meal plans!)

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	<ul style="list-style-type: none"> • Lemon-Garlic Roasted Chicken • Roasted Herb Potatoes, Carrots & Onions • Garden Salad 	<ul style="list-style-type: none"> • Veggie Penne Sauté • Mesclun Salad 	Brkfst 4 Dinner: <ul style="list-style-type: none"> • Soaked Whole Grain Waffles • Scrambled Eggs • Mixed Berries • Nitrate-Free Sausage Links 	<ul style="list-style-type: none"> • Grilled Pineapple Chicken w/Pineapple Salsa • Black Beans • Brown Rice 	<ul style="list-style-type: none"> • Sauteéd Sea Scallops • Saffron Rice & Peas • Dessert: Decadent Fudgy Brownies 	<ul style="list-style-type: none"> • Hearty Turkey-Veggie Crockpot Chili • Basmati Rice • Organic Cornbread 	<ul style="list-style-type: none"> • Savory Chicken & Veggies w/Dumplings • Garden Salad
Lunch	<ul style="list-style-type: none"> • Nut Butter & Sliced Banana Wrap • Vanilla Yogurt w/Berries 	<ul style="list-style-type: none"> • Carrot-Cheddar Sandwich • Fruit Salad 	<ul style="list-style-type: none"> • Leftover Veggie Pasta • Raw Veggies w/Ranch Dip 	<ul style="list-style-type: none"> • Turkey & Raw Cheese Cracker Stackers "Lunchable" • Apple Slices 	<ul style="list-style-type: none"> • Grilled Chicken Salad Sandwich • Clementines 	<ul style="list-style-type: none"> • Turkey & Apple Quesadillas • Carribean Carrot Salad 	<ul style="list-style-type: none"> • Leftover Chili • Organic Cornbread
Breakfast	<ul style="list-style-type: none"> • Cinnamon Streusel Muffins • Scrambled Eggs • Fruit Salad 	<ul style="list-style-type: none"> • Homemade Soaked Granola w/Nuts, Dried Fruit & Almond Milk 	<ul style="list-style-type: none"> • Yogurt Banana Splits • Sprouted Bread Toast w/Butter 	<ul style="list-style-type: none"> • Open Face Waffle Sandwich • Fruit Smoothie 	<ul style="list-style-type: none"> • Soaked Oatmeal w/Ripe Pear & Raw Honey • Poached Eggs 	<ul style="list-style-type: none"> • Baked French Toast Casserole • Nitrate-Free Bacon • Fresh Mixed Berries 	<ul style="list-style-type: none"> • Huevos a la Mexicana • Almond Flour Biscuits & Jam
Do Ahead	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tasks to do to "prep" for next day	<ul style="list-style-type: none"> • Save extra fruit salad for tomorrow's lunch 	<ul style="list-style-type: none"> • Save leftover pasta for tomorrow's lunch • Soak waffle batter for tomorrow's dinner 	<ul style="list-style-type: none"> • Save leftover waffles for tomorrow's breakfast • Soak the beans and the rice for tomorrow's dinner 	<ul style="list-style-type: none"> • Make chicken salad out of extra grilled chicken for tomorrow's lunch 	<ul style="list-style-type: none"> • Defrost pre-cooked ground turkey in frig overnight for tomorrow's dinner 	<ul style="list-style-type: none"> • Soak dumpling batter • Save extra chili & cornbread for tomorrow's lunch 	<ul style="list-style-type: none"> • Make meal plan for next week • Go to market