

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