The Nourishing Home's Back-to-School Meal Plan

(For more meal planning ideas and recipes, visit http://TheNourishingHome.com)

Meals	MON	TUES	WED	THURS	FRI	SAT	SUN
Dinner	• Turkey-Veggie Guacamole Burgers • Potato Smashers • Fruit Salad	• Hawaiian Chicken • Wild Rice • Mesclun Salad • Sourdough Rolls	• Broccoli Pesto Pasta • Parmesan Chicken Tenders • Garden Salad	• Spaghetti w/Crockpot Meatballs • Mesclun Salad	• Grilled Shrimp & Veggie Kebobs • Saffron Rice	• Sweet-n-Spicy Grilled Chicken • Potato Salad • Dessert: Grilled Peaches w/Frozen Yogurt	• Grilled Steak & Veggie Fajitas • Homemade Tortillas, Guac, Salsa & Sour Cream
Lunch	• Greek Hummus Dip • Raw Veggie Kabobs • Crackers • Apple Slices	• Mini Turkey Veggie Burgers • Fruit Salad • Tortilla Chips w/Guacamole	• Hawaiian Chicken Subs • Raw Veggies w/Ranch Dip • Grapes	• Parmesan Chicken Dunkers Homemade "Lunchable"	• Meatball Subs • Carrots w/Ranch Dip • Cultured Pickles	• Carrot-Cheddar Sandwiches • Pineapple Slices	• Greek Salad Wrap • Potato Salad
Breakfast	• Toad-in-the-Hole • Strawberries w/Vanilla Yogurt	• Soaked Oatmeal w/Fresh Diced Peaches • Poached Eggs	• Cinnamon Streusel Muffins • EggsOverEasy • Fruit Smoothie	• Homemade Granola with Fresh Berries & Almond Milk	• Fruit & Yogurt Parfaits • Boiled Eggs	• Peach Pancakes • Homemade Sausage Patties • Fruit Salad	• Huevos a la Mexicana • Buttermilk Biscuits w/Raw Honey & Butter • Fruit Smoothie
Do Ahead	**MON**	**TUES**	**WED**	**THURS**	**FRI**	**SAT**	**SUN**
Tasks to do to "prep" for next day	• Grilled extra mini-size burgers and save extra fruit and guac for tomorrow's lunch • Soak oats for breakfast	• Save leftover Hawaiian chicken for tomorrow's lunch	• Make double batch of Parmesan chicken tenders, save some for chicken dunkers and freeze rest for future use	• Save extra meatballs for tomorrow's lunch • Defrost shrimp in frig overnight	• Defrost split chicken breasts in frig overnight • Make meal plan for next week • Go to market	• Save leftover chicken and potato salad for tomorrow's lunch	• Freeze extra biscuits for next week's breakfasts

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