

Weekly Meal Plan

for the busy Homeschool mom

S	Breakfast:	Lunch:	Dinner:
M	Breakfast:	Lunch:	Dinner:
T	Breakfast:	Lunch:	Dinner:
W	Breakfast:	Lunch:	Dinner:
Th	Breakfast:	Lunch:	Dinner:
F	Breakfast:	Lunch:	Dinner:
S	Breakfast:	Lunch:	Dinner:

Meal Plan Suggestions

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Walnut Oatmeal and Yogurt	Pesto Turkey Sandwich	Salmon with Brown Rice and Spinach	Gelatin, Espresso and Fresh Fruit
TUESDAY	Greek Yogurt with Berries	Pasta with Salmon and Peachy Salad	Veggie Burger and Corn on the Cob	Carrots and Salsa, Cheese and an Apple
WEDNESDAY	Egg 'n' English Muffin	Couscous Lentil Salad	Turkey Stir-fry with Quinoa	Mango, Cottage Cheese and Yogurt
THURSDAY	Cottage Cheese and Tomato	Tuna and Bulgur Salad	Grilled Chicken and Baked Potato	Latte, Banana, Lemonade and Popcorn
FRIDAY	Breakfast Muffin Crostini	Tuna Pasta Salad	Steak, Sweet Potato and Veggies	Yogurt, Strawberries and Olives
SATURDAY	Cereal with Blueberries	Turkey and Avocado Roll	Chicken and Beet Salad	Apricots and Ice Cream
SUNDAY	Eggs with Mushrooms and Bacon	Broccoli-Cheese Baked Potato	Pork with Pasta and Green Beans	Pear, Celery, Latte and Grapes



HOMESCHOOL MEAL PLAN GROCERY LIST



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30-Day Homeschool



Healthy Eating Challenge

Choose one box each day for a month!

<input type="checkbox"/> Add some protein	<input type="checkbox"/> Use whole grains	<input type="checkbox"/> Fill up on fiber	<input type="checkbox"/> Don't skip dinner	<input type="checkbox"/> Try a new veggie
<input type="checkbox"/> Eat fruits first	<input type="checkbox"/> Skip dessert	<input type="checkbox"/> Eliminate sugar	<input type="checkbox"/> Upgrade your snack	<input type="checkbox"/> No ice cream
<input type="checkbox"/> Skip Soda	<input type="checkbox"/> Mix up your protein	<input type="checkbox"/> Drink more water	<input type="checkbox"/> Cut out bad carbs	<input type="checkbox"/> Eliminate alcohol
<input type="checkbox"/> Don't skip breakfast	<input type="checkbox"/> No fast food	<input type="checkbox"/> Try leafy greens	<input type="checkbox"/> Morning smoothie	<input type="checkbox"/> Nutritious breakfast
<input type="checkbox"/> Eliminate dairy	<input type="checkbox"/> Avoid salt	<input type="checkbox"/> Cook at home	<input type="checkbox"/> Drink herbal tea	<input type="checkbox"/> Eat vegetables
<input type="checkbox"/> Snack on fresh fruits	<input type="checkbox"/> Eliminate coffee	<input type="checkbox"/> Eat more veggies	<input type="checkbox"/> Eliminate MSG	<input type="checkbox"/> Go gluten free





KIDS DAILY MEAL PLANNER



Breakfast

Lunch

Dinner

Snacks