



FEBRUARY 25<sup>TH</sup> - MARCH 3<sup>RD</sup>

MORNING

MIDDAY

EVENING

TODAY ADD TO LIST	THU 26 <sup>TH</sup> ADD TO LIST	FRI 27 <sup>TH</sup> ADD TO LIST	SAT 28 <sup>TH</sup> ADD TO LIST	SUN 1 <sup>ST</sup> ADD TO LIST	MON 2 <sup>ND</sup> ADD TO LIST	TUE 3 <sup>RD</sup> ADD TO LIST
			Homemade pizzas w/ the Bowman's ×	Lunch at Blanton's ×		
BBQ grilled chicken breasts, broiled asparagus and roasted potatoes ×	Pasta Marinara w/ garden salads ×	Beef and rice mexican casserole ×	Dinner at Yoder's ×	Omelettes w/ salsa + bacon + fresh fruit ×	Left overs ×	Cobb Salad ×



## JANUARY 31<sup>ST</sup> - FEBRUARY 6<sup>TH</sup>

	SAT 31 <sup>ST</sup> ADD TO LIST	SUN 1 <sup>ST</sup> ADD TO LIST	TODAY ADD TO LIST	TUE 3 <sup>RD</sup> ADD TO LIST	WED 4 <sup>TH</sup> ADD TO LIST	THU 5 <sup>TH</sup> ADD TO LIST	FRI 6 <sup>TH</sup> ADD TO LIST
MORNING	Apple cinnamon oatmeal + fresh fruit × PREP DAY ×		Raisin bran, banana, OJ + milk ×	Whole Spelt Pumpkin Muffins × Scrambled eggs + fresh fruit ×	Apple cinnamon oatmeal + fresh fruit ×	Homemade granola + fresh fruit × kefir smoothie ×	Whole Spelt Pumpkin Muffins × Fresh fruit ×
MIDDAY	BBQ Brussel Sprout Pizza ×	Pizza @ Papaw Wayne's × To bring: × Cucumber, tomato, carrot, bacon + ranch salad w/ croutons ×	Left overs (brussel sprout pizza, salad and/or burgers) ×	Chicken salad OR Egg salad OR almond butter, honey + chia seeds w/ two sides ×			
EVENING	Burgers, fries + salad × Birthday cake! ×	Dinner @ Yoders ×	Steak Fajitas × Rice × Corn ×	Garden salad + garlic bread × Pasta marinara ×	Roasted carrot fries × Meatloaf + mac n cheese ×	Left overs ×	Left over frozen crockpot dinner in the freezer ×



## DECEMBER 30<sup>TH</sup> - JANUARY 5<sup>TH</sup>

MORNING

MIDDAY

EVENING

TUE 30 <sup>TH</sup> ADD TO LIST	WED 31 <sup>ST</sup> ADD TO LIST	THU 1 <sup>ST</sup> ADD TO LIST	FRI 2 <sup>ND</sup> ADD TO LIST	SAT 3 <sup>RD</sup> ADD TO LIST	SUN 4 <sup>TH</sup> ADD TO LIST	MON 5 <sup>TH</sup> ADD TO LIST
Apple cinnamon nut oatmeal ×						
Brunch @ Yoder's ×				Chicken wraps w/ roasted potatoes × Veggie sticks ×	Lunch @ Blanton's ×	
Cream of Broccoli Soup (Paleo) ×	Slow-Cooker Classic Pot Roast ×	Pasta Marinara w/ mushrooms × Garlic bread × Garden salad ×	Homemade pizza ×	Leftovers! ×	Dinner @ Yoder's ×	Crock pot chili ×



## DECEMBER 23<sup>RD</sup> - DECEMBER 29<sup>TH</sup>

MORNING

MIDDAY

EVENING

TODAY ADD TO LIST	WED 24 <sup>TH</sup> ADD TO LIST	THU 25 <sup>TH</sup> ADD TO LIST	FRI 26 <sup>TH</sup> ADD TO LIST	SAT 27 <sup>TH</sup> ADD TO LIST	SUN 28 <sup>TH</sup> ADD TO LIST	MON 29 <sup>TH</sup> ADD TO LIST
Shredded wheat × <i>with raisins, almonds, blueberries, cinnamon + honey</i> Whole milk ×	Bring to Achtermann Christmas breakfast: × <i>Holiday Breakfast</i> × <i>Bake (Make Ahead*)</i>	<i>Whole Wheat Banana Nut Muffins</i> × Fresh fruit × Kefir smoothie ×	Eggs + bacon × Fresh fruit × Yogurt ×	Sourdough french toast × Leftover Christmas ham × Fresh fruit ×	Apple cinnamon nut oatmeal × Whole milk × Fresh squeezed OJ ×	Spinach + egg + cheese quiche × Fresh fruit × Yogurt ×
Leftover Marzetti ×	Homemade Pizza × <i>w/ pepperoni, onion, mushroom, green pepper</i>	Bring to Blanton Christmas lunch: × <i>Cobb Salad</i> × Honest Company Sugar Cookies ×	Peanut Butter, honey + chia see wraps × Veggie sticks × Cheese + cucumber slices ×	Leftovers! ×	Lunch @ Blanton's ×	Almond butter + strawberry rhubarb jam on Ezekiel toast × cucumber + cheese slices × <i>Whole Wheat Banana Nut Muffins</i> ×
Chicken + black bean burritos w/ salsa, sour cream, guac, lettuce + cheese ×	Bring to Niemeyer Christmas dinner: × <i>Egg Bake Casserole (Spinach, Broccoli + Zucchini)</i> ×	Homemade Chili Spaghetti ×	Slow-Cooker Vegetarian Chili with Sweet Potatoes ×	Slow-Cooker Classic Pot Roast ×	Dinner @ Yoder's ×	Cream of Broccoli Soup (Paleo) ×



## DECEMBER 16<sup>TH</sup> - DECEMBER 22<sup>ND</sup>

MORNING

MIDDAY

EVENING

TUE 16 <sup>TH</sup> ADD TO LIST	TODAY ADD TO LIST	THU 18 <sup>TH</sup> ADD TO LIST	FRI 19 <sup>TH</sup> ADD TO LIST	SAT 20 <sup>TH</sup> ADD TO LIST	SUN 21 <sup>ST</sup> ADD TO LIST	MON 22 <sup>ND</sup> ADD TO LIST
				Open-faced Beef Tacos w/ all the fixins' ×	Slow-Cooker Vegetarian Chili with Sweet Potatoes ×	
Pasta marinara + homemade garlic bread + cucumber, tomato, spinach and romaine garden salad with garlic + tarragon dressing ×	Mac and cheese + lentil vegetable soup ×	Slow-Cooker Classic Pot Roast ×	Garden Salad × Cream of Broccoli Soup (Paleo) ×	Christmas dinner @ Mom & Dad B's ×	Dinner @ Mom & Dad Y's ×	Slow-Cooker Chicken with Bacon, Mushrooms, and Onions ×



NOVEMBER 18<sup>TH</sup> - NOVEMBER 24<sup>TH</sup>

MORNING

MIDDAY

EVENING

TUE 18 <sup>TH</sup> ADD TO LIST	TODAY ADD TO LIST	THU 20 <sup>TH</sup> ADD TO LIST	FRI 21 <sup>ST</sup> ADD TO LIST	SAT 22 <sup>ND</sup> ADD TO LIST	SUN 23 <sup>RD</sup> ADD TO LIST	MON 24 <sup>TH</sup> ADD TO LIST
<i>Paleo Chicken Tenders + Honey Mustard Dipping Sauce</i> ×	<i>Slow-Cooker Classic Pot Roast</i> ×	<i>White Chicken Lasagna with Whole Wheat Noodles</i> ×	<i>Cauliflower Penne Puttanesca</i> ×	<i>Slow-Cooker Vegetarian Chili with Sweet Potatoes</i> ×	<i>Dinner @ Yoder's</i> ×	<i>Quinoa Mac &amp; Cheese</i> ×



OCTOBER 28<sup>TH</sup> - NOVEMBER 3<sup>RD</sup>

MORNING

MIDDAY

EVENING

TUE 28 <sup>TH</sup> ADD TO LIST	WED 29 <sup>TH</sup> ADD TO LIST	THU 30 <sup>TH</sup> ADD TO LIST	FRI 31 <sup>ST</sup> ADD TO LIST	SAT 1 <sup>ST</sup> ADD TO LIST	SUN 2 <sup>ND</sup> ADD TO LIST	MON 3 <sup>RD</sup> ADD TO LIST
				(leftovers) ×		
Pasta Marinara w/ garlic bread × garden salad ×	Vegetarian Quesadillas ×	Pizza + salad with tomatoes, cucumbers and parmesan cheese ×	Spinach Enchiladas Verde ×	Burgers with home fries + salad ×		


**OCTOBER 21<sup>ST</sup> - OCTOBER 27<sup>TH</sup>**

	<b>TUE 21<sup>ST</sup></b> ADD TO LIST	<b>WED 22<sup>ND</sup></b> ADD TO LIST	<b>THU 23<sup>RD</sup></b> ADD TO LIST	<b>FRI 24<sup>TH</sup></b> ADD TO LIST	<b>SAT 25<sup>TH</sup></b> ADD TO LIST	<b>SUN 26<sup>TH</sup></b> ADD TO LIST	<b>MON 27<sup>TH</sup></b> ADD TO LIST
MORNING	<i>French toast w/ maple syrup + black berries</i> ×  <i>Plain yogurt + honey</i> ×  <i>whole milk</i> ×	<i>banana</i> × <i>whole milk</i> ×  <i>Apple cinnamon nut oatmeal</i> ×	<i>scrambled eggs with cheese and chia seeds</i> ×  <i>whole milk</i> × <i>apple</i> × <i>Whole Spelt Pumpkin Muffins</i> ×	<i>Peanut butter toast w/ honey + chia seeds</i> ×  <i>yogurt smoothie</i> ×  <i>whole milk</i> ×	<i>Ham, egg + cheese sandwich</i> ×  <i>green smoothie</i> ×	<i>banana</i> × <i>whole milk</i> ×  <i>Maple syrup berry nut oatmeal</i> ×	
MIDDAY	<i>Chicken, black bean, rice and onion burritos w/ sour cream</i> ×  <i>Yogurt smoothie</i> × <i>Recipes to make for the week:</i> × <i>Whole Spelt Pumpkin Muffins</i> × <i>Maple Lace Oatmeal Cookie Recipe</i> ×	<i>raisins</i> × <i>plain yogurt + pureed strawberries</i> ×  <i>Almond butter toast with honey + chia seeds</i> ×  <i>Kale chips</i> ×	<i>Grilled cheese gouda sandwiches + roasted red pepper tomato bisque soup</i> ×  <i>Kraut</i> ×	<i>Lunch @ Chipotle or Panera</i> ×	<i>Left over soup or enchiladas</i> ×	<i>Lunch @ Blanton's</i> ×	
EVENING	<i>London broil + asparagus + garlic mashed red potatoes w/ chives</i> ×  <i>green smoothie</i> ×	<i>Hearty Beef &amp; Vegetable Soup</i> ×  <i>Tomato, cucumber + garden salad</i> ×	<i>Almond meal breaded chicken fingers</i> ×  <i>sweet potato fries</i> ×  <i>green smoothie</i> ×	<i>Spinach Enchiladas Verde</i> ×	<i>Almond Butter Brownies</i> ×  <i>Hot Dog Roast @ Mamaw Bonnie's</i> ×  <i>Brie and Roasted Winter Vegetable Casserole</i> ×	<i>Dinner @ Yoder's</i> ×	





OCTOBER 20<sup>TH</sup> - OCTOBER 26<sup>TH</sup>

	TODAY ADD TO LIST	TUE 21 <sup>ST</sup> ADD TO LIST	WED 22 <sup>ND</sup> ADD TO LIST	THU 23 <sup>RD</sup> ADD TO LIST	FRI 24 <sup>TH</sup> ADD TO LIST	SAT 25 <sup>TH</sup> ADD TO LIST	SUN 26 <sup>TH</sup> ADD TO LIST
MORNING	Shredded wheat w/ granola × Strawberries × Milk ×	French toast w/ maple syrup + black berries × Plain yogurt + honey × whole milk ×	Apple cinnamon nut oatmeal × banana × whole milk ×	scrambled eggs with cheese and chia seeds × apple × Whole Spelt Pumpkin Muffins × whole milk ×	Peanut butter toast w/ honey + chia seeds × yogurt + fruit smoothie × whole milk ×	Ham, egg + cheese sandwich × green smoothie ×	Maple syrup berry nut oatmeal × banana × whole milk ×
MIDDAY	Wyatt packed lunch: Cheese and whole wheat crackers, pickles, grapes ×	Recipes to make for the week: × Whole Spelt Pumpkin Muffins × Maple Lace Oatmeal Cookie Recipe × green smoothie ×	Almond butter toast with honey + chia seeds × raisins × plain yogurt + pureed strawberries × Kale chips ×	Grilled cheese gouda sandwiches + roasted red pepper tomato bisque soup × Kraut ×	Lunch @ Chipotle or Panera ×	Left over soup or enchiladas ×	Lunch @ Blanton's ×
EVENING	Chili spaghetti (5 way) × green smoothie ×	London broil + asparagus + garlic mashed red potatoes w/ chives + kale chips ×	Hearty Beef & Vegetable Soup × Tomato, cucumber + garden salad ×	green smoothie × Almond meal breaded chicken fingers × sweet potato fries ×	Spinach Enchiladas Verde ×	Hot Dog Roast @ Mamaw Bonnie's × Brie and Roasted Winter Vegetable Casserole × Almond Butter Brownies ×	Dinner @ Yoder's ×


**OCTOBER 14<sup>TH</sup> - OCTOBER 20<sup>TH</sup>**

MORNING

MIDDAY

EVENING

	TUE 14 <sup>TH</sup> ADD TO LIST	WED 15 <sup>TH</sup> ADD TO LIST	THU 16 <sup>TH</sup> ADD TO LIST	FRI 17 <sup>TH</sup> ADD TO LIST	SAT 18 <sup>TH</sup> ADD TO LIST	SUN 19 <sup>TH</sup> ADD TO LIST	TODAY ADD TO LIST
MORNING	Peanut butter toast with honey and chia seeds × grapes × Milk ×	Scrambled eggs with cheese + chia seeds × Applesauce × milk × Whole Spelt Pumpkin Muffins ×	French toast with maple syrup + raspberries ×	Apple cinnamon oatmeal × blackberries ×	Shredded wheat with granola × strawberries ×		Shredded wheat w/ granola × Strawberries × Milk ×
MIDDAY	Banana × Dried blueberries × Green smoothie × Strawberries ×	Baked sweet potato with honey, butter and cinnamon × butternut squash soup × raisins ×	Whole Spelt Pumpkin Muffins × Peanut butter + cucumber sandwiches × w/ honey + chia seeds × Tomato bisque soup ×	Packed lunch for mommy: Left over chipotle × Packed lunch for wyatt: almond butter toast with honey + chia seeds, pickles, cheese and grapes ×	Left over Hearty Beef + Vegetable Soup or left over Slow cooker chicken with bacon, mushrooms and onions ×	Lunch @ Blanton's ×	Wyatt packed lunch: Cheese and whole wheat crackers, pickles, grapes ×
EVENING	Pasta marinara × Garden salad with cucumber, tomato, bacon, parmesan × w/ homemade ranch dressing × Homemade garlic bread ×	Green smoothie × Beef soft tacos with lettuce, tomato, onion, cheese sour cream and guacamole × Black beans × Tortilla chips + salsa ×	Pizza + salad with tomatoes, cucumbers and parmesan cheese ×	Left overs ×		Slow-Cooker Chicken with Bacon, Mushrooms, and Onions ×	Chili spaghetti (5 way) ×



**OCTOBER 7<sup>TH</sup> - OCTOBER 13<sup>TH</sup>**

	<b>TUE 7<sup>TH</sup></b> ADD TO LIST	<b>WED 8<sup>TH</sup></b> ADD TO LIST	<b>THU 9<sup>TH</sup></b> ADD TO LIST	<b>FRI 10<sup>TH</sup></b> ADD TO LIST	<b>SAT 11<sup>TH</sup></b> ADD TO LIST	<b>SUN 12<sup>TH</sup></b> ADD TO LIST	<b>TODAY</b> ADD TO LIST
MORNING	Peanut butter toast with honey and chia seeds × Freeze dried blueberries × Milk ×	Milk × Banana × Granola with oats, sunflower seeds coconut flakes and almonds ×	Apple cinnamon oatmeal × Strawberries × Milk ×	Scrambled eggs with cheese and chia seeds × Apple × Milk ×	Blackberries × French toast with maple syrup ×	Apple cinnamon oatmeal × Banana × Milk ×	Granola with oats, sunflower seeds, coconut flakes and almonds × Milk × Apple × Mommy: Ham,egg, cheese sandwich + oatmeal raisin cookie + milk ×
MIDDAY	Sauteed herb chicken with onions, pepper, squash and zucchini in honey and worchestershire sauce × blackberries × Snack:Shredded cheese on corn tortillas ×	Packed lunch for mommy: leftover Spinach Enchiladas × Packed lunch for Wyatt: Scrambled egg with rice and red quinoa, grapes, colby jack cheese × Blackberries ×	Snack: raisins + blueberries × Late snack: cheese, graps and half a banana ×	Butternut squash bisque soup × Peanut butter toast with honey and chia seeds ×	Left over chili and cornbread × Snack: raisins ×	Lunch @ Blanton's ×	Packed lunch for Wyatt: Sauteed chicken, squash, zucchini, onions, rice and red quinoa with honey + worchestershire sauce × Mommy: Chipotle ×
EVENING	Snack for Wyatt: Raisins × Spinach Enchiladas × Dessert: Banana ice cream (pureed frozen banana) × Bedtime snack for Wyatt: Apple cinnamon oatmeal ×	Smoky BBQ beef and bean chili with diced tomatoes × Cornbread ×	White Chicken Lasagna with Whole Wheat Noodles ×	Dinner @ Plain Folk Cafe ×	Tortilla pizzas ×	White Chicken Lasagna leftovers ×	Roasted red pepper tomato bisque soup + garden salad × Pumpkin muffins ×