Weekly Overview & Prep List



Breakfast pancake or waffle theme

Lunch snacks (veggies, meat, crackers, cheese)

Dinner <u>chicken noodle soup</u> (use cooked chicken and broth-see prep components)



Breakfast eggs and smoothie

Lunch chicken noodle soup, crackers, fruit

Dinner <u>stir-fry</u> with cabbage, bell peppers, broccoli, cooked chicken



Breakfast oatmeal theme

Lunch stir-fry with rice in thermos, fruit, trail mix

Dinner <u>burgers</u> with roasted cauliflower



Breakfast pancake or waffle theme

Lunch chicken salad sandwich or chicken salad with crackers, fruit, bell pepper sticks & ranch

Dinner taco or fajita night



Breakfast eggs and smoothie

Lunch build your own tacos or fajitas with leftovers, fruit, ants on a log (celery/nut butter)

Dinner fried rice



Breakfast yogurt bar (fruit, yogurt, granola)

Lunch fried rice in thermos, fruit, trail mix

Dinner <u>homemade pizza</u> (double the pizza dough and store in freezer for future lunch or dinner) with green salad and <u>ranch dip/dressing</u>

Prep components on Sunday:

cook a whole chicken in the Instant Pot and shred

return the bones to the Instant Pot and make broth

cut celery and carrot sticks and store in a jar with water

shred cabbage store in a container slice bell peppers store in a container cut broccoli and cauliflower into florets make ranch dip

Extra Resources:

See my favorite storage containers <u>here</u>.

Take a peek inside my fridge <u>here</u>.