

WEEKLY —

Meal Planner

Plan on a bigger week in the kitchen to bless yourself another week!

Monday	Tuesday	Wednesday
<p>BREAKFAST</p> <p>Sheet Pan Pancakes (double)</p> <p>LUNCH</p> <p>Grilled Cheese with Fruit</p> <p>DINNER</p> <p>Sesame Chicken with Jasmine Thai Jasmine Rice (double rice)</p> <p>SNACK</p> <p>Cheesy Crackers</p>	<p>BREAKFAST</p> <p>Sausage Casserole (double)</p> <p>LUNCH</p> <p>Leftover Sesame Chicken & Rice</p> <p>DINNER</p> <p>Instant Pot Carnitas + Honey Pickled Onions & Creme Fraiche</p> <p>DESSERT</p> <p>Apple Crisp</p>	<p>BREAKFAST</p> <p>Leftover Apple Crisp</p> <p>LUNCH</p> <p>Leftover Carnita in Hawaiian Rolls</p> <p>DINNER</p> <p>Fried Pizza (double dough)</p> <p>DESSERT</p> <p>Vanilla Wafers (double)</p>
Thursday	Friday	Saturday
<p>BREAKFAST</p> <p>Leftover Pancakes</p> <p>LUNCH</p> <p>Chicken Lettuce Wraps</p> <p>DINNER</p> <p>Basil Chicken (double)</p> <p>DESSERT</p> <p>Raspberry Cheesecake Bites</p>	<p>BREAKFAST</p> <p>French Toast</p> <p>LUNCH</p> <p>Caesar Salad with Basil Chicken (leftover)</p> <p>DINNER</p> <p>Pasta & Meat Sauce + Garlic Pull Apart Bread</p> <p>DESSERT</p> <p>Cinnamon Rolls (double)</p>	<p>BREAKFAST</p> <p>Biscuits and Gravy</p> <p>LUNCH</p> <p>Leftover Salad or Pasta</p> <p>DINNER</p> <p>House Fried Rice (leftover meat)</p> <p>DESSEERT</p> <p>Leftover Desserts</p>
Sunday	<p>NOTES:</p> <p>Monday: Make 2 loaves of Homemade Bread to use throughout the week & prep creme fraiche + Honey Pickled Onions and thaw out pork shoulder. Double the rice with dinner to use later in the week.</p> <p>Tuesday: Double the Sausage Casserole and freeze one. Make tortillas, double the batch and freeze half for later.</p> <p>Wednesday: Double the Pizza Dough and freeze half. Prep marinade for basil chicken. Make Hawaiian Rolls (double and freeze)</p> <p>Thursday: double the basil chicken use half for dinner and half for the salad on Friday.</p> <p>Friday: use what is left of the bread to make french toast and croutons. Make homemade pasta. Eat half and roll half into lasagna - prep it for the freezer..</p>	
<p>BREAKFAST</p> <p>Leftover Pancakes</p> <p>LUNCH</p> <p>Finish Up Leftovers</p> <p>DINNER</p> <p>Finish Up Leftovers</p> <p>DESSERT</p> <p>Pretzels</p>		

Freezer Meals Your future self will thank you for: Lasagna, Sausage Casserole, Cinnamon Rolls, Pizza Dough, Hawaiian Rolls

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Monday	Tuesday	Wednesday
<p>BREAKFAST Crepes & Fruit</p> <p>LUNCH Grilled Cheese with Fruit</p> <p>DINNER Hamburgers & Smashed Potatoes</p> <p>DESSERT Triple Chocoalte Mousse</p>	<p>BREAKFAST Pancakes (double)</p> <p>LUNCH Pizza - Large Round (double)</p> <p>DINNER Instant Pot Pollo Guisado</p> <p>DESSERT Churros</p>	<p>BREAKFAST Homemade IP Yogurt</p> <p>LUNCH Sous Vide Carnitas</p> <p>DINNER Chicken Cutlets & French Fries</p> <p>DESSERT Strawberry Shortcake</p>
Thursday	Friday	Saturday
<p>BREAKFAST Breakfast Pizza</p> <p>LUNCH Leftover Pizza</p> <p>DINNER Honey Glazed Chili Salmon</p> <p>DESSERT Key Lime Cupcakes</p>	<p>BREAKFAST Breakfast Casserole (double)</p> <p>LUNCH Leftover Carnitas and Sweet Potato Fries</p> <p>DINNER Pork Tenderloin</p> <p>DESSERT Cinnamuffs</p>	<p>BREAKFAST Breakfast Cupcake + Fruit</p> <p>LUNCH Leftover Chicken Cutlets</p> <p>DINNER Mongolian Beef & Rice</p> <p>DESSERT Whoopie Pies</p>
Sunday	<p>NOTES:</p> <p>Monday: Make Hamubrger Buns (double recipe and freeze half). Make sandwich bread - 2 loaves for the week</p> <p>Tuesday: Double the pancake and freeze any leftover. Prep homemade yogurt.</p> <p>Wednesday: Prep bread crumbs from one of the loaves made earlier in the week.</p> <p>Thursday: Thaw out Pork Tenderloin and season. Leave in the fridge overnight.</p> <p>Friday: Prep the Flank Steak Marinade and let the steak rest in the fridge until Sunday.</p>	
<p>BREAKFAST Apple Crisp Muffins</p> <p>LUNCH Honey and Peanut Butter Sandwich</p> <p>DINNER Flank Steak and Pan de Queso</p> <p>DESSERT Donuts</p>		

Freezer Meals Your future self will thank you for: Hamburger Buns, Pancakes, Breakfast Casserole, Pizza Dough