

Meal Planner



Week of: _____

MONDAY

BREAKFAST
Parfait: Greek yogurt, peaches, strawberries, and homemade granola and bacon.

LUNCH
Whole wheat wrap with turkey or ham, cheese, and lettuce, spinach, and orange slices

DINNER
Cheeseburgers, potato salad, and mixed fruit

SNACK
Homemade granola bars*

TUESDAY

BREAKFAST
Skillet breakfast potatoes, onions, and eggs.

LUNCH
Use leftover bacon (sausage) and sliced cabbage to make soup in broth with onions, salt & pepper

DINNER
Homemade pesto, zucchini, squash, cheesy lasagna*, melon, and sweet corn on the cob

SNACK
Veggies and humus with mixed fruits and whole grain crackers

WEDNESDAY

BREAKFAST
Whole wheat waffles, topped with fresh fruit and yogurt

LUNCH
Meat and cheese wraps, carrot sticks, & celery with nut butter

DINNER
Whole wheat Stromboli (ham, salami, mozzarella, parmesan, parsley, seasoning, wrapped in whole wheat dough & baked)*

SNACK
Hard boiled eggs, chia seed pudding with berries

THURSDAY

BREAKFAST
Sausage links, English muffin with jelly or honey

LUNCH
Whole wheat sandwich with meat and cheese, fruit, peas

DINNER
Homemade spaghetti and meatballs, side salad, garlic bread, and chocolate chip cookie*

SNACK
Cottage cheese, whole grain crackers, strawberries (fruit)

FRIDAY

BREAKFAST
Toast with butter, sliced avocado, and yogurt

LUNCH
Cheese quesadillas with fresh Pico de Gallo, fruit smoothie

DINNER
One skillet ground beef / sausage, sliced squash, zucchini, onions, peppers, shallots, garlic, salt and pepper, with melon

SNACK
Homemade protein balls* and cheese slices

SATURDAY

BREAKFAST
Homemade biscuits and gravy, mixed fruit, and milk

LUNCH
Whole wheat grilled cheese with homemade tomato soup

DINNER
Steak, twice baked potatoes, side salad, corn on the cob

SNACK
Easy hand pies*

SUNDAY

BREAKFAST
Whole wheat donuts with vanilla custard*, sausage / chicken links

LUNCH
Left overs, or simple sandwiches

DINNER
Meatloaf, mixed fruit, potato salad, and green beans

SNACK
Peanut butter and banana smoothie with whey protein

RECIPES
Find freshly milled whole wheat recipes for the week such as breads, buns, tortillas, + snack recipes at www.faithfulacresfarmhouse.com
Dedicated full recipes are marked with *

Utilize leftovers whenever possible. It is important that you do **not** skip fruits and vegetables, as they contain vitamins and minerals your body **cannot** make on its own. Whole grains are also rich in nutrients needed. Using processed foods vs cooking from scratch can result in a loss of essential nutrients needed to ensure an adequate daily nutrient intake.

To see the nutrient breakdown for each day, see the following pages. Mix and match meals to best suit your families needs. However, these meals are planned to get the maximum amount of nutrients per day.

NOTES:

Estimated Nutrition Summary

Meal	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Breakfast Parfait + bacon	~460	~25	~55	~6	~29	~18	~350	~300	~2
Lunch Wrap + cheese + fruit	~420	~26	~50	~7	~17	~12	~950	~250	~3
Dinner Cheeseburger + potato salad + fruit	~830	~35	~75	~6	~28	~40	~1,250	~300	~4
Snack Granola bar	~230	~5	~30	~3	~12	~10	~150	~40	~1
Total (all meals)	~1,940	~91	~210	~22	~86	~80	~2,700	~890	~10

Estimated Nutrition Summary – Day 2

Meal	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Breakfast Skillet potatoes, onions, eggs	~260	~11	~28	~3	~4	~11	~270	~50	~2
Lunch Bacon/sausage & cabbage soup	~200	~9	~9	~2	~3	~14	~850	~40	~1
Dinner Lasagna + pesto veggies + melon + corn	~720	~28	~78	~9	~22	~32	~930	~350	~4
Snack Veggies, hummus, fruit, crackers	~250	~6	~39	~6	~15	~9	~300	~60	~1
Total (Day 2)	~1,430	~54	~154	~20	~44	~66	~2,350	~500	~8

Estimated Nutrition Summary – Day 3

Meal	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Breakfast Whole wheat waffles + fruit + yogurt	~360	~13	~56	~6	~18	~9	~320	~180	~3
Lunch Meat & cheese wraps + carrots/celery + nut butter	~400	~21	~24	~5	~9	~25	~820	~200	~2
Dinner Whole wheat Stromboli	~620	~30	~62	~7	~6	~28	~1,280	~400	~4
Snack Eggs + chia pudding + berries	~300	~15	~22	~7	~9	~16	~270	~150	~2
Total (Day 3)	~1,680	~79	~164	~25	~42	~78	~2,690	~930	~11

Estimated Nutrition Summary – Day 4

Meal	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Breakfast Sausage + English muffin + jelly/honey	~330	~12	~37	~2	~9	~14	~580	~100	~2
Lunch Whole wheat sandwich + fruit + peas	~450	~23	~58	~8	~15	~13	~880	~250	~3
Dinner Spaghetti & meatballs + salad + garlic bread + cookie	~950	~36	~110	~8	~18	~40	~1,560	~350	~5
Snack Cottage cheese + crackers + strawberries	~220	~13	~20	~2	~6	~8	~400	~100	~1
Total (Day 4)	~1,950	~84	~225	~20	~48	~75	~3,420	~800	~11

Estimated Nutrition Summary – Day 5

Meal	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Breakfast Toast + avocado + yogurt	~340	~11	~40	~8	~8	~17	~250	~120	~2
Lunch Cheese quesadillas + Pico + smoothie	~560	~22	~58	~7	~14	~27	~850	~500	~3
Dinner Ground beef/sausage + vegetables + melon	~400	~22	~20	~4	~9	~25	~550	~60	~3
Snack Protein balls + cheese slices	~370	~18	~18	~3	~7	~25	~420	~400	~1
Total (Day 5)	~1,670	~73	~136	~22	~38	~94	~2,070	~1,080	~9

Estimated Nutrition Summary – Day 6

Meal	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Breakfast Biscuits + gravy + fruit + milk	~620	~18	~78	~4	~20	~26	~900	~250	~3
Lunch Grilled cheese + tomato soup	~500	~20	~48	~6	~10	~22	~1,000	~450	~3
Dinner Steak + twice baked potato + salad + corn	~700	~48	~45	~6	~9	~30	~750	~200	~5
Snack Hand pie	~300	~4	~45	~2	~15	~12	~250	~20	~1
Total (Day 6)	~2,120	~90	~216	~18	~54	~90	~2,900	~920	~12

Estimated Nutrition Summary – Day 7

Meal	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Breakfast Donut + sausage/chicken links	~420	~12	~44	~3	~16	~20	~430	~80	~2
Lunch Simple sandwich	~350	~18	~36	~5	~6	~14	~730	~200	~2
Dinner Meatloaf + fruit + potato salad + green beans	~650	~33	~55	~8	~18	~28	~950	~150	~4
Snack PB banana protein smoothie	~400	~32	~38	~4	~19	~14	~280	~350	~2
Total (Day 7)	~1,820	~95	~173	~20	~59	~76	~2,390	~780	~10