

All underlined text in this document are hyperlinks that you can click on to get the recipes.

# The nourishing home whole Food meal plan: February 2-8

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Game Day Meal: <a href="#">Turkey Meatball Sliders</a> w/ <a href="#">Sweet Potato Fries</a> & Raw Veggies w/ <a href="#">Ranch Dip</a>	<a href="#">Crockpot Greek Chicken</a> Basmati Rice Mixed Greens Salad	<a href="#">Turkey-Veggie Meatloaf</a> , Mashed Potatoes and <a href="#">Lemon Garlic Green Beans</a>	<a href="#">Oven Baked Fried Chicken</a> Leftover Mashed Potatoes and Steamed Broccoli	<a href="#">Lentils &amp; Carrots w/Swiss Chard</a> and <a href="#">Garden Herb Biscuits</a>	<a href="#">Stone Soup</a> , Garden Salad and <a href="#">Garden Herb Biscuits</a> <a href="#">Chocolate Chip Cookies</a>	Spaghetti & <a href="#">Meatballs</a> and Salad (if grain-free sub with <a href="#">Zucchini Noodles</a> )
Lunch	<a href="#">Tuna Salad</a> on bed of Mesclun Greens and <a href="#">Fruit &amp; Nut Bar</a>	<a href="#">Avocado Egg Salad</a> on <a href="#">Sweet Brown Bread</a> and Fresh Fruit	Leftover <a href="#">Crockpot Greek Chicken</a> and Rice with Fruit Salad	<a href="#">Carrot &amp; Cheddar Salad</a> on <a href="#">Sweet Brown Bread</a> and Fresh Fruit	Leftover <a href="#">Oven Baked Fried Chicken</a> and Carrots with <a href="#">Ranch Dip</a>	Turkey & Swiss Reubens with Sauerkraut on <a href="#">Sweet Brown Bread</a>	Leftover <a href="#">Stone Soup</a> and Salad
Breakfast	<a href="#">Creme Brulee Oatmeal Bake</a> Boiled Eggs	Leftover <a href="#">Creme Brulee Oatmeal Bake</a> <a href="#">Green Smoothie</a>	<a href="#">Cinnamon Streusel Muffins</a> and Eggs Over Easy	Leftover <a href="#">Cinnamon Streusel Muffins</a> and Scrambled Eggs	Veggie Egg Scramble <a href="#">Brown Bread Toast</a> w/Butter	<a href="#">Yogurt Banana Splits</a> and Boiled Eggs	<a href="#">Blueberry Almond Flour Pancakes</a> with Eggs and Fresh Fruit
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Daily Prep	<ul style="list-style-type: none"> <li>Boil extra eggs for egg salad</li> <li>Make extra meatballs for Sat's dinner &amp; prep meatloaf</li> </ul>	<ul style="list-style-type: none"> <li>Save leftover Greek chicken and rice for tomorrow's lunch</li> </ul>	<ul style="list-style-type: none"> <li>Save extra muffins for tomorrow's breakfast</li> </ul>	<ul style="list-style-type: none"> <li>Bake extra drumsticks and save for lunch</li> </ul>	<ul style="list-style-type: none"> <li>Bake and save extra biscuits for tomorrow's dinner</li> </ul>	<ul style="list-style-type: none"> <li>Save leftover soup and salad for lunch tomorrow</li> <li>Thaw meatballs</li> </ul>	<ul style="list-style-type: none"> <li>Prep for next week's meal plan</li> </ul>