

Week Six Meal Plan

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This Week's Goal

Weekly Treat

[Almond Bark](#)

Monday

Breakfast

[French Toast](#)

Lunch

[Mock Chick-Fil-A Nuggets](#)

Dinner

[Pot Roast](#)

Snack

[Bacon Wrapped Cheese Sticks](#)

Tuesday

Breakfast

[Caramel and Cream
Cinnamon Rolls](#)

Lunch

[Monterey Chicken](#)

Dinner

[Cheesy Ham Chowder](#)

Snack

[Chocolate Drizzled Bacon](#)

Wednesday

Breakfast

[90 Second French Toast](#)

Lunch

[Meatloaf Bites](#)

Dinner

[Chicken Philly Cheesesteak](#)

Snack

[Double Chocolate Chip
Cookies](#)

Thursday

Breakfast

[Peppermint Cinnamon
Rolls](#)

Lunch

[Taco Pizza](#)

Dinner

[Spaghetti Squash
Lasagna](#)

Snack

[German Chocolate
Bars](#)

Friday

Breakfast

[Toasted Coconut Donuts](#)

Lunch

[Creamy Chicken Chili](#)

Dinner

[Creamy Chicken Bacon
Cheese](#)

Snack

[Chocolate Chip Cookie
Bars](#)

Saturday

Breakfast

[Krunchy Keto Hashbrowns](#)

Lunch

[Buffalo Chicken Dip](#)

Dinner

[Slow Cooker Italian Beef](#)

Snack

[Veggie Cheese Sticks](#)

Sunday

Breakfast

[Starbucks Sous Vide Bites](#)

Lunch

[Sweet Basil Chicken](#)

Dinner

[Parmesan Crusted
Chicken](#)

Snack

[Guacamole Deviled Eggs](#)

Deli/Dairy

- 3 lb Chicken Boneless/Skinless
- 1lb Rotisserie Chicken meat
- 2.5 lb Chicken Tenders
- 1lb Roast Beef
- 1lb Stew Beef
- 3lb Bacon
- 2-3 dozen eggs
- Bacon
- Cheese: Mozzarella, Cheddar & Monterey Jack Other 32oz total
- 4 – 8oz Cream Cheese
- Sour Cream
- 1 lb Butter
- Parmesan Cheese
- Almond Milk
- 2- 16 oz Heavy Whipping Cream
- 1 lb Ham

Produce

- 1 lb Frozen Spinach
- 5 radish bunches
- 4 turnips
- 6 medium onions
- Tomato
- Garlic Cloves
- Pecans/Almonds/Walnuts
- Baby Carrots/Carrots
- Celery
- Cabbage
- 8oz Mushrooms
- Artichoke Hearts
- 8 Zucchini
- Jalapeno's

Pantry

- Coconut/Almond Flour
- Sugar Free Syrup
- Unsweetened Coconut Flakes
- Coconut Oil
- Pumpkin Puree
- Braggs or Coconut Amino's
- Baking Soda
- Mayonnaise
- 2- Can Diced Tomatoes Italian
- Tomato Paste
- 3- 32 oz Chicken Broth
- 2- 32 oz Beef Broth
- Xanthan Gum
- Sugar Free Chocolate Chips
- Sugar Free BBQ
- Sugar Free Ketchup

Seasoning +

- Salt/Pepper
- Olive Oil
- 2 – Packets Italian Seasoning
- 1 – Worcestershire Sauce
- Truvia Brown Sugar
- Garlic Powder
- Ground Cumin
- Chili Powder
- Curry Powder
- Swerve Powdered Sugar Sub
- Swerve Granular Sugar
- Thyme/Rosemary/Parsley
- Bay Leaves
- Nutmeg
- Vanilla
- Minced Onion
- buffalo sauce

- Snack ideas that do not contain links are just the ingredients shown. Keep snacks simple. Some meal ideas include a side dish that may have a separate link.
- Simply click on the suggested meal and it will take you to the recipe online.
- These meal plans do not have fasting built into them. If you choose to intermittent fast, you work that into your meal plan on your own. Please research how to implement intermittent fasting before you start.
- In addition to this grocery list, check out the list of items that I recommend for the pantry at all times.
- Please adjust list as needed for your individual needs and family size. Some meats can be separated and cooked for several meals. Many items will carry through several weeks.
- Many of the grocery items above are considered staples. You may already have them in your pantry, fridge or freezer. Check off any ingredient you already have.