

Week Three Meal Plan

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This Week's Goal

Weekly Treat

[Homemade Blueberry Bread](#)

Monday

Breakfast

[Fluffy Waffles](#)

Lunch

[Cheeseburger Soup](#)

Dinner

[Chili & Cheese](#)

Snack

[Pumpkin Spice Pecans](#)

Tuesday

Breakfast

[Starbucks Suous Vide Egg Bites](#)

Lunch

[Chicken Enchilada Rice Bowl](#)

Dinner

[BBQ Chicken with Bacon & Cheese](#)

Snack

[Hot Ham & Cheese Roll Ups](#)

Wednesday

Breakfast

[90 Sec French Toast](#)

Lunch

[Cheese Mexican Chicken Skillet](#)

Dinner

[Crock Pot Chicken Parmesan](#)

Snack

[Crunchy Munch](#)

Thursday

Breakfast

[Bacon, Egg & Cheese Biscuit Casserole](#)

Lunch

[Egg Roll in a Bowl](#)

Dinner

[Creamy Slow Cooker Chicken with Bacon & Cheese](#)

Snack

[Coconut Hay Stacks](#)

Friday

Breakfast

[Keto Low Carb Biscuits](#)

Lunch

[Low Carb Taco Cups](#)

Dinner

[Queso Soup](#)

Snack

[Cheesy Bread Sticks'](#)

Saturday

Breakfast

[90 Sec Bread with Bacon, Egg, & Cheese](#)

Lunch

[Chick-Fil-A Style Nugget Salad with Avocado Lime Ranch](#)

Dinner

[Meatloaf Bites with Bacon Cheddar Ranch Broccoli](#)

Snack

[90 sec personal pan pizza](#)

Sunday

Breakfast

[3 Ingredient Pancake](#)

Lunch

[Bacon & Cream Cheese Pinwheels](#)

Dinner

[Chicken Enchilada Soup](#)

Snack

[Buffalo Chicken Dip](#)

Deli/Dairy

- Chicken Boneless/Skinless or quartered thighs
- Deli Meat: Turkey
- Eggs
- Sausage
- Bacon
- Cheese: Mozzarella or Other 32oz
- Ground Beef
- Cream Cheese
- Pepperoni
- Parmesan Cheese
- Cottage Cheese

Produce

- Broccoli
- Cauliflower
- Almond or Coconut Flour
- Lettuce
- Tomato/Onion
- Spinach
- Pecans/Almonds/Walnuts
- Riced Cauliflower
- Avocado
- Cabbage
- Spaghetti Squash
- Garlic
- Blueberries

Pantry

- Canned Tuna
- Pickles
- Unsweetened Coconut Flakes
- Low Carb Tortilla
- Sugar Free Enchilada Sauce
- Braggs or Coconut Amino's
- Baking Soda
- White Vinegar
- Diced Tomatoes Italian
- Crushed Tomatoes
- Rotel
- Sugar Free Spaghetti Sauce
- Beef/Chicken Broth
- Xanthan Gum

Seasoning +

- Pumpkin Spice
- Ranch Dressing
- Mayo / Mustard
- Taco Seasoning
- Buffalo Sauce
- Italian Seasoning
- Sugar Free Ketchup
- Ground Cumin
- Chili Powder
- Curry Powdered
- Swerve Powdered Sugar Sub
- Thyme/Rosemary
- Poultry Seasoning

- 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.