

# Week One Meal Plan

[www.homespunmom.com](http://www.homespunmom.com)

## This Week's Goal

## Weekly Treat

[Caramel Almond Cake](#)

## Monday

### Breakfast

[Ham and Cheese Roll Ups](#)

### Lunch

[Salad in a Jar](#)

### Dinner

[Unstuffed Cabbage Soup](#)

### Snack

[German Chocolate Bars](#)

## Tuesday

### Breakfast

[Starbucks Style Egg Bites](#)

### Lunch

[Farmhouse BBQ Muffins](#)

### Dinner

[Taco Bowls](#)

### Snack

[Mini Pumpkin Cheesecake](#)

## Wednesday

### Breakfast

[Sausage Balls](#)

### Lunch

[Taco Cups](#)

### Dinner

[Chicken Enchilada Soup](#)

### Snack

[Bacon/Cheese Deviled Eggs](#)

## Thursday

### Breakfast

[Eggs, cheese & spinach  
muffin](#)

### Lunch

[BLT Lettuce Wraps](#)

### Dinner

[Chicken Nuggets](#)

### Snack

[Crack'd Out Turkey Pinwheels](#)

## Friday

### Breakfast

[Breakfast Biscuits & Sausage](#)

### Lunch

[Taco Pizza](#)

### Dinner

[Chicken Lombardy](#)

### Snack

[Pumpkin Spice Pecans](#)

## Saturday

### Breakfast

[3 Ingredient Pancake](#)

### Lunch

[Bacon, Ranch Pinwheels](#)

### Dinner

[Ranch Chicken and Broccoli](#)

### Snack

[Tuna Salad Pickle Boats](#)

## Sunday

### Breakfast

[Breakfast Sausage Bake](#)

### Lunch

[Broccoli & Cheddar Soup](#)

### Dinner

[Basil Chicken with Cauliflower](#)

### Snack

[Ham & Cream Cheese Roll UP](#)

## Deli/Dairy

- Chicken
- Deli Meat: Turkey
- Eggs
- Sausage
- Bacon
- Cheese: Mozzarella or Other 32oz
- Ground Beef
- Cream Cheese

## Produce

- Broccoli
- Cauliflower
- Almond or Coconut Flour
- Lettuce
- Tomato
- Spinach
- Pecans

## Pantry

- Canned Tuna
- Pickles
- Almond or Coconut Flour
- Canned Pumpkin
- Low Carb Tortilla

## Other

- Pumpkin Spice
- Pickles
- Almond or Coconut Flour
- Ranch Dressing
- Mayo
- Taco Seasoning