

Week Five Meal Plan

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This Week's Goal

Weekly Treat

[Chocolate Chip Cookie Bars](#)

Monday

Breakfast

[Caramel & Cream
Cinnamon Rolls](#)

Lunch

[Burger Stack](#)

Dinner

[Low and Slow Brisket](#)

Snack

[Bacon Buffalo Chicken](#)

Tuesday

Breakfast

[Starbucks Style Egg Bites](#)

Lunch

[Cheesy Taco Salad](#)

Dinner

[Sweet Basil Chicken](#)

Snack

[Mini Pumpkin Cheesecake](#)

Wednesday

Breakfast

[Fluffy 90 sec Bread Biscuit](#)

Lunch

[Chicken Nuggets](#)

Dinner

[Paprika Coconut Chicken](#)

Snack

[Bacon/Cheese Deviled Eggs](#)

Thursday

Breakfast

[Breakfast Frittata](#)

Lunch

[Chicken Enchilada Bowls](#)

Dinner

[Creamy Chicken Chili](#)

Snack

[Crack'd Out Turkey Pinwheels](#)

Friday

Breakfast

[Momma's Sausage Balls](#)

Lunch

[Bacon Ranch Broccoli](#)

Dinner

[Italian Beef](#)

Snack

[Pumpkin Spice Pecans](#)

Saturday

Breakfast

[Peppermint Cinnamon Rolls](#)

Lunch

[Meatloaf Bites](#)

Dinner

[Chicken Enchilada Soup](#)

Snack

[Tuna Salad Pickle Boats](#)

Sunday

Breakfast

[Apple Almond Muffins](#)

Lunch

[Chicken Fritters](#)

Dinner

[Mock Potato Soup](#)

Snack

[Ham & Cream Cheese Roll UP](#)

Deli/Dairy

- Chicken
- Deli Meat: Turkey/Ham
- Eggs
- Sausage
- Bacon
- Cheese: Mozzarella or Other 32oz
- Ground Beef
- Cream Cheese
- Canned Chicken
- Roast Beef
- Rotisserie Chicken
- Shredded Cheese
- Sour Cream
- Cottage Cheese
- Brisket

Produce

- Broccoli
- Cauliflower
- Almond or Coconut Flour
- Lettuce
- Tomato
- Spinach
- Pecans
- Turnips 4
- Radishes 12
- Apple for zest
- Mushrooms/Bell Peppers
- Sweet Basil

Pantry

- Canned Tuna
- Pickles
- Almond or Coconut Flour
- Canned Pumpkin
- Low Carb Tortilla
- Pecans and Almonds
- Sugar Free Ketchup
- Mustard
- Sweetener Granular and Powder
- Pumpkin Puree

Other

- Pumpkin Spice
- Pickles
- Almond or Coconut Flour
- Ranch Dressing
- Mayo
- Taco Seasoning
- Peppermint Flavoring
- Sugar free Peppermints
- Sugar free Chocolate Chips
- Werther's Sugar Free Caramels
- Sweet Basil