

7-Day Meal Plan: Family-Friendly Meals

Day 1

Breakfast:

- Scrambled eggs with shredded cheddar cheese.
- 2 slices of crispy bacon.

Lunch:

- Grilled chicken drumsticks with a side of steamed broccoli.
- Served with a small dollop of butter on the vegetables.

Dinner:

- Cheeseburger patties (no bun) topped with melted cheddar.
- Side of roasted sweet potato wedges (optional for kids).

Day 2

Breakfast:

- Hard-boiled eggs with sliced avocado.
- A handful of fresh berries for kids.

Lunch:

- Tuna salad made with canned tuna, mayo, and diced pickles.
- Served with cucumber slices and carrot sticks.

Dinner:

- Baked salmon fillet with lemon and butter.
- Side of sautéed green beans with garlic.

Day 3

Breakfast:

- Omelet with diced ham and mozzarella cheese.
- A small handful of cherry tomatoes.

Lunch:

- Turkey and cheese roll-ups with mustard.
- A small mixed greens salad with olive oil for adults.

Dinner:

- Meatballs made with ground beef and pork, cooked in marinara sauce.
- Side of spiralized zucchini noodles.

Day 4

Breakfast:

- Fried eggs (2) with leftover bacon from Day 1.
- A small slice of cantaloupe (optional for kids).

Lunch:

- Grilled chicken tenders with ranch dressing for dipping.
- Side of steamed cauliflower rice.

Dinner:

- Slow-cooked beef pot roast with carrots and celery.
- Side of mashed cauliflower with butter.

Day 5

Breakfast:

- Cottage cheese with a sprinkle of cinnamon and a few walnuts.
- Sliced strawberries for kids.

Lunch:

- Egg salad with mayo and mustard, served in lettuce wraps.
- Side of sliced bell peppers.

Dinner:

- Grilled pork chops with a simple seasoning of salt, pepper, and paprika.
- Side of roasted Brussels sprouts with bacon bits.

Day 6

Breakfast:

- Scrambled eggs with diced sausage.
- A small serving of sliced cucumber on the side.

Lunch:

- Pan-fried turkey burgers served with sliced avocado and pickles.
- Side of coleslaw (no sugar in the dressing).

Dinner:

- Oven-baked chicken thighs with garlic and rosemary.
- Side of sautéed spinach with olive oil.

Day 7

Breakfast:

- Frittata with spinach, ham, and Parmesan cheese.

Lunch:

- Leftover beef pot roast from Day 4 served with mashed cauliflower.

Dinner:

- Grilled lamb chops with a drizzle of olive oil.
- Side of roasted zucchini and squash.

Shopping List

Proteins:

- Eggs (2 dozen)
- Bacon (1 lb)
- Chicken drumsticks (1 lb)
- Ground beef (1 lb)
- Ground pork (1 lb)
- Tuna (canned, 2 cans)
- Salmon fillet (2 portions)
- Turkey breast (sliced, 1/2 lb)
- Ham (diced, 1/2 lb)
- Chicken thighs (1 lb)
- Turkey sausage (1/2 lb)
- Beef pot roast (1 portion)
- Pork chops (2 portions)
- Lamb chops (1 portion)

Vegetables:

- Broccoli (1 head)
- Sweet potatoes (optional, 2 small)
- Green beans (1 lb)
- Cherry tomatoes (1 pint)
- Zucchini (4)
- Bell peppers (2)
- Spinach (2 bunches)
- Cauliflower (2 heads)
- Carrots (2)
- Celery (1 bunch)
- Brussels sprouts (1 lb)
- Squash (2)

Fats & Oils:

- Butter (1 lb)
- Olive oil (1 bottle)
- Mayo (check for clean ingredients)

Extras:

- Cheddar cheese (1 block)
- Mozzarella cheese (1 block)
- Parmesan cheese (1 wedge)
- Cottage cheese (1 pint)
- Pickles (1 jar)
- Ranch dressing (check for clean ingredients)

Optional:

- Fresh berries (1 pint)
- Strawberries (1 small box)
- Cantaloupe (1 small)
- Walnuts (1 small bag)