

MEAL WEEKLY PLANNER

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WINTER

BREAKFAST

LUNCH

DINNER



MON

Ki's Baked Blueberry Oatmeal

Jean-Luc's Chickpea Pesto
 served with quinoa or legume based pasta of choice & some steamed veggies of your choice (must include 3 different veggies)

Jean-Luc's Marinara Barley/Pasta Salad & Marinara Sauce
 served with 2 cups of veggies of choice

TUES

Ki's Queen of Crumble

Ki's Chilli Stew
 served with steamed broccoli

Jean-Luc's Chicken or Tofu Parmesan
 served with roasted non-starchy veggies of your choice (must include 4 different veggies)

WED

Jean-Luc's Banana Oat Bake

Jean-Luc's Root Vegetable Fries & Smoked Potato Leek Soup

Jean-Luc's Quinoa Risotto
 served with & Butternut Squash Soup

THURS

Ki's Strawberries 'N Cream Chia

Jean-Luc's Mini Buns & Tomato Coconut Soup

Ki's Shepherd's Pie & Cauliflower Mash

FRI

Jean-Luc's Mini Breakfast Quiche

Jean-Luc's Butter Chicken/ Chickpeas

Jean-Luc's Meatloaf Stuffed Spaghetti Squash

SAT

Ki's Cherry Oatmeal

Ki's Mushroom Lentil Bolognese
 served over roasted spaghetti squash

Ki's Whole Roasted Cauliflower with Veggies
Jean-Luc's Turkey Meatballs
 OR 1 cup of roasted chickpeas

SUN

Jean-Luc's Salted Caramel Chia Mousse
 served with 1 bowl of mixed berries or frozen and warmed dark cherries

Jean Luc's Veggie Spring Rolls
 served with Ki's Almond Butter Miso Ginger Stir Fry

Jean-Luc's Turkey & Butternut Squash Spring Rolls
 & Creamy Potato and Broccoli Soup