



WANNABE *Balanced Mom*



LUNCH MEAL PLAN 3

OCTOBER

MONDAY

Mummy Hot dogs
w/ grapes, bell peppers,
cucumbers, hummus and
crackers

TUESDAY

Pumpkin Spice Kefir Protein
Pancakes
w/ raspberries
nuts, puffed chips

SHOPPING LIST

2 Bell peppers
Onion
Garlic
Grapes
Cucumbers
Green apples
Raspberries
Eggs
Plain Kefir
Sour Cream
Hummus
Crackers
Nuts
Peanut Butter
Oatmeal flour
Pasta
Croissant dough
Chicken
Chicken nuggets
2 Cans diced tomatoes
2 Cans kidney beans
Canned Pineapple
Canned Mandarin
Oranges
Mini Marshmallows
Pumpkin Spice Protein
Powder

WEDNESDAY

Chicken & Pasta
w/ Candy Corn Fruit

THURSDAY

Chili w/ tortilla chips

FRIDAY

Chicken Nuggets w/
Peanut butter apple
mouths

NOTES



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