

Mains

rice with protein: black beans or chicken
heart-shaped waffle sammies
jelly and sunbutter or nut butter or cream cheese
hot dogs

Veggies

Carrot and cucumbers
Ranch dip
Hummus

Fruits

Apple slices with cinnamon or lemon juice to prevent browning
Strawberries
Grapes

Crunch

Plantain chips + Salsa or guacamole (or substitute tortilla chips)
Crackers + cheddar cheese

Day 1

heart-shaped waffle sammies
jelly and sunbutter or cream cheese*
Apple slices
Sliced cucumbers with ranch

Day 2

rice with protein: black beans or shredded chicken
with shredded cheddar cheese
grape and strawberry fruit salad
Carrot sticks
Plantain chips or tortilla chips with guacamole

Day 3

heart-shaped waffle sammies jelly and sunbutter or cream cheese*
Grapes
Carrot sticks with hummus
Crackers with cheese cubes

Day 4

rice with protein: black beans or chicken
With grape and strawberry fruit salad
Carrot sticks
Plantain chips or tortilla chips with guacamole

Day 5

hot dogs (such as: Apple-
gate)
Apple slices
Sliced cucumber with ranch
Plantain chips

Recipes

Hummus
Ranch dip
Instant Pot Black Beans
How to Cook a Whole Chicken
Almond Flour or Einkorn Waffles
How to make basic rice

*If you want to change things up, try skipping the jelly and adding slice banana or strawberries to the nut butter or cream cheese waffles. Maybe even add a drizzle of honey.

Prep Ideas

- Make the rice in advance and store in the fridge. Or, make a large pot of rice in advance and store portion-sizes in the freezer. Or, purchase ready-to-eat, freezer rice from the store.
- Make the black bean bowls (rice, black beans, salsa, guacamole, toppings) for dinner on Day 1 and use the leftovers for lunch the rest of the week. Or, make a pot of beans in advance and store in the fridge or freezer. Or, if using chicken, make a whole chicken over the weekend and shred to use throughout the week. Or, purchase a rotisserie chicken from the store.
- Make waffles over the weekend, double the recipe and enjoy some for breakfast. Store the extras in the freezer. Defrost the waffles overnight in the fridge and serve as room temperature sammies.
- Make dip (hummus or ranch, or both) in advance and store in fridge. Use both for snacking, too. And the ranch for a salad dressing for dinner. Or, purchase hummus from store.
- Make crunch side (salsa or guacamole) and store in the fridge for up to 3 days. Or, purchase from the store.
- Wash and cut strawberries.
- Wash grapes.
- Cut carrots and store in a jar with water in the fridge.
- Slice cucumbers and store in a container with a lid in the fridge.