

MENU PLAN



Monday

Northern Bean Chili w/
jalapeno corn bread
muffins

Tuesday

Butternut Squash
Ricotta Lasagna (with
shredded rabbit meat)

Wednesday

"Chicken" and
dumpling (made with
rabbit)

Thursday

Goat tacos (slow-cooker
goat meat and fresh
corn tortillas)

Friday

Pizza & salad
(w/shredded rabbit or
goat meat)

Saturday

Mole Enchilada
Casserole (w/shredded
rabbit or goat meat)

Shopping list

- Squash
- Garlic
- Onion (red & yellow)
- Potatoes (yellow)
- Carrots
- Celery
- Peas (fresh or frozen)
- Tomatoes
- Spicy peppers
- Bananas
- Lemons
- Cilantro
- Monterey Jack
- Mozzarella
- Ricotta

Breakfast Ideas

- Overnight protein oats
- Sourdough egg "McMuffins"
- Breakfast hash
- Breakfast quiche
(w/sourdough crust)
- Paleo banana pancakes
- Homemade granola & yogurt
(w/sprouted oats)
- Breakfast burritos
(w/sourdough tortillas)

Lunch & Snack Ideas

- Plain leftovers
- Quinoa bowl w/leftovers
- Veggies & hummus
- Fresh salad rolls
- Protein smoothie
- Apples & PB
- Berries & cream
- Turkey & cream cheese
rollups