

Jaimi Erickson

Workouts &
meal plans
to feel healthy
& balanced

60-Day Fitness Plan for Moms



Introduction

Dear reader,

Congratulations on taking a proactive step to setting health and fitness goals! We are never too late for a restart or a reset. Take this plan one day at a time. I want to give you a quick overview of what you have received here.

First, you will see 60 Workouts of the Day. They are clearly numbered to make it easy to print this guide out and place it in a binder. I like to slip the pages into plastic covers and use a dry erase marker to cross off each exercise as I complete it. Whatever works best for you, this plan of workouts will fit into any busy schedule. That is the beauty of it. You do not need fancy equipment or a gym membership to stick to this plan and feel healthier.

Second, you will find the meal planning guide. Meal Planning Simplified is a 9-week meal plan that is a perfect complement to the workouts. You have a two-prong plan to eat healthier and move your body every day to better health.

These meal plans and workouts were designed to be modified for your exercise level. If you are just getting into a workout routine, stick with the lower number of repetitions. If you are already working out multiple days per week, start with the higher reps.

The meals can be adjusted easily for any dietary needs.

Our family loves the meals and the meal plans ease stress over how to stick to a healthy plan for maximum health benefits.

Disclaimer: This is a meal plan and workout guide used by moms and now delivered to you for your benefit. We are not doctors and you should seek advice from your medical advisors before starting a new exercise program. Use your discretion. We are each different with different levels of fitness and needs. Be safe and use your best judgment as you work through these workouts.

Enjoy your action steps to health and balance with this 60-Day Fitness Plan! I am cheering you on as you reach your goals!

Sincerely,

Jaimi Erickson

Founder of The Stay-at-Home Mom Survival Guide



60 Workouts of the Day

*Each WOD should begin with a recommended warm up of 5-10 minutes of light activity and end with stretching the areas worked.

Day 1: *Complete 3 sets of 10-15 reps per exercise*

- Weighted Sumo Squat/Tricep Overhead Extension Combo
- Bicep Curl/Shoulder Press Combo
- Push-Ups
- Lateral Pull Down or Assisted Pull Ups or Bent Over Rows
- Curtsey Squat
- Abdominal Exercise of Choice

Optional: Cardio 20-30 minutes

Day 2: Cardio

Day 3: Designated Leg Day

Complete 3 rounds by doing 15 reps of each exercise. Keep your breaks to a minimum!

- Weighted Squats
- Dynamic Lunges (15 each leg), holding weights if possible
- Straight Leg Dead Lifts (use free weights or weighted bar)
- Pop-Squats; do 10 then hold for 10 seconds in the deep squat position
- Optional Machine Exercises: Leg Press, Leg Extension, Leg Curl 3 sets of 10-15 reps

Optional: Cardio 20-30 minutes

Day 4: Cardio

Day 5: Designated Arm Day: Complete 3 Rounds

- Bent over rows using free weights (12)
- Push-Ups (10)
- Renegade Rows (12)
- Push-Ups (10)
- Reverse Flys (10)
- Overhead presss (10)
- Front Shoulder Raises (10)
- Cardio Burst (1 min)

Optional: Cardio 20-30 minutes

Day 6: Total Body Day; Complete five rounds:

- Push-ups (10 reps)
- Bodyweight squats (20 reps) *Hold free weights for advanced version
- Forward lunges—each leg (5 reps) *Hold free weights for advanced version
- Bicep curl into overhead shoulder press (10 reps)
- Dips (10 reps) Elevate feet for advanced version
- Burpees (30 seconds)
- Plank—side plank (each side) and traditional plank (30 seconds each) *Advanced version hold for 45-60 seconds

Optional: Cardio 20-30 minutes

Day 7: Rest

Day 8: Complete 5 Rounds

- Weighted Step Ups (15 reps each leg)
- Bosu Squat into Overhead Press (Perform a Squat on the bosu ball, then lift the bosu overhead)
- Curtsey Squat into Bicep Curl (10 reps each leg)
- Russian Twists (50 reps)
- Scissors (50 reps)

Optional: Cardio 20-30 minutes

Day 9: Cardio

Day 10: Designated Leg Day: *Complete 5 Rounds*

- Front Squat x 15
- Jump Squats x 10
- Wide Squats (aka Sumo Squat) x 15
- Hold Squat (hold at bottom of squat position for 5 seconds) then move into burpees (x5)
- Dynamic Lunges x 10/leg
- Wall Sit (30 Seconds)

Optional: Cardio 20-30 minutes

Day 11: Cardio

Day 12: Designated Arm Day

Repeat this circuit 3 times. Do each move for 30 seconds, with a 30 second break in between.

- Dips (start to challenge yourself by elevating your feet or putting a weight on your lap)
- Tricep Pushups
- Bent Wrist Bicep Curl: Hold your arms in front with a dumbbell in each hand, palms facing the ceiling. Bend your wrists back so your biceps have to do all the work. Keep upper arms still, exhale as you curl the weights into your body. Inhale as you return.
- Bent Over Rows
- Shoulder Press

Optional: Cardio 20-30 minutes

Day 13: Total Body

Repeat this circuit 3 times. Do each move for 30 seconds, with a 30 second break in between.

- High Knees
- Tricep Pushups
- Burpees (add a tuck jump at the end of each if possible)
- Squat Jump
- Twisted Mountain Climbers
- Then one set of 20 reps of each exercise once through for each leg:
Pilates Clam Shells (do both basic and high) <https://www.verywell.com/pilates-side-kick-series-2704603>

Side Kick Series <https://www.verywell.com/pilates-side-kick-series-2704603>

Optional: Cardio 20-30 minutes

Day 14: Rest

Day 15:

Complete 3 Rounds of 10-15 Reps, increasing the resistance/weight used in each exercise

- Tube Walking
- Push-Ups
- Lat-Pull Downs
- Glute Bridge
- Stability Ball Crunches holding free weight

Optional: Cardio 20-30 minutes

Day 16: Cardio

Day 17: Designated Leg Day

Repeat this circuit 3 times. Do each move for 30 seconds, with a 30 second break in between.

- Weighted Glute Bridges
- Curtsey Squat (aka lateral ice skaters)
- Dynamic Lunges (add a hop if you are ready to progress)
- Wide Leg Sumo Squat
- Dead Lifts

Optional: Cardio 20-30 minutes

Day 18: Cardio

Day 19:

Repeat this circuit 3 times. Do each move for 30 seconds, with a 30 second break in between.

- Dips (start to challenge yourself by elevating your feet or putting a weight on your lap)
- Tricep Pushups
- Bent Wrist Bicep Curl: Hold your arms in front with a dumbbell in each hand, palms facing the ceiling. Bend your wrists back so your biceps have to do all the work. Keep upper arms still, exhale as you curl the weights into your body. Inhale as you return.
- Bent Over Rows
- Shoulder Press

Optional: Cardio 20-30 minutes

Day 20: Total Body: Complete one round.

- Jump squats (50 reps) (eliminate “jump” if necessary)
- Sit-ups (50 reps) (or any abdominal exercise)
- Push-ups (50 reps)
- Jump lunges (20 reps each leg) (eliminate “jump” if necessary)

*Rest for 2 minutes and then complete **two** rounds of the next circuit.*

- Russian twist (30 seconds)
- Mountain climbers (30 seconds)

Rest for 30 seconds and start again

Optional: Cardio 20-30 minutes

Day 21: Rest

Day 22:

- 5-10 minute Cardio Warm Up

Complete four rounds. Note: Do as many reps as you can in 15 minutes.

- Push-ups (60 seconds)
- Side plank—right (30 seconds)
- Side plank—left (30 seconds)
- Incline push-ups (30 seconds)
- Decline push-ups (30 seconds)

Rest for 60 seconds and start again.

Optional: Cardio 20-30 minutes

Day 23: Cardio

Day 24: Designated Leg Day: *Complete 3 Rounds of 10-15 Reps*

- Wide Stance Body Weight Squat
- Super Wide Stance Weighted Squat
- Stiff Legged Dead Lift
- Stationary Lunges Weighted
- Lateral Lunges (weights optional)
- Calf Raises

Optional: Cardio 20-30 minutes

Day 25: Cardio

Day 26: Designated Upper Body Day: *Complete 3 Rounds of 10-15 Reps*

- Push-Ups
- Free Weight Flys
- A-Presses
- Assisted Pull-Ups
- Lat-Pull Downs
- Tricep Overhead Extension
- Dips
- Front Raises

Optional: Cardio 20-30 minutes

Day 27: Total Body: *Complete this circuit as many times as possible in 15 minutes.*

- Box jumps (5 reps) *Note: Substitute with stair/bench step-ups if necessary
- Burpees (10 reps)
- Sit-ups (15 reps)
- Bodyweight squats (20 reps) Add weight for advanced version.

Optional: Cardio 20-30 minutes

Day 28: Rest

Day 29: *Try a new class at your gym or on Youtube*

Day 30: Cardio

Day 31: Designated Leg Day: *Complete 5 Rounds*

- Weighted Triple Stance Squats (10 Standard, 10 Wide, 10 Extra-wide)
- Wall Sits (60 Seconds)
- Leg Press Machine (10-15 Reps)
- Single Leg Squats (10-15 Reps each leg) as with this video OR by standing on a raised surface (such as a workout step) and letting one leg hang off the side.
https://www.youtube.com/watch?v=_pG2L1Z7IzA
- Curtsey Lunge (10 Reps each leg)

Optional: Cardio 20-30 minutes

Day 32: Cardio

Day 33: Designated Upper Body Day: Complete 4 Rounds

- Plank-Push Ups (10 Reps) *Alternate the lead arm you push up with
 - Dips (15-20) *Elevate your feet or place weight in your lap for an added challenge
 - Kickbacks or Single Arm Overhead Extension (10-15)
 - “Y” “T” “W” on bosu ball (10 Reps of each)
- <https://www.youtube.com/watch?v=hjIHVuV673k>

Optional: Cardio 20-30 minutes

Day 34: Total Body: Do each exercise 15 times. Complete 3 rounds. Try not to rest in between each exercise to keep your heart rate up.

- Push-Ups *If you always start on your knees, try starting on your toes and do as many as you can. You’ll never know if you can until you TRY!
- Overhead Press using free weights
- Underhand Row using free weights
- Mountain Climbers (30 each leg, 60 total for each round)
- Butt Kicks
- Curtsey Lunges (both legs)

Optional: Cardio 20-30 minutes

Day 35: Rest

Day 36:

Check out this link for some kid inspired fitness: <http://blog.myfitnesspal.com/7-kid-inspired-activities-legit-workouts/>

Day 37: Cardio

Day 38: Designated Leg Day: *Complete 3 rounds by doing 15 reps of each exercise. Keep your breaks to a minimum!*

- Weighted Squats
- Dynamic Lunges (15 each leg), holding weights if possible
- Straight Leg Dead Lifts (use free weights or weighted bar)
- Pop-Squats; do 10 then hold for 10 seconds in the deep squat position
- Optional Machine Exercises: Leg Press, Leg Extension, Leg Curl 3 sets of 10-15 reps

Optional: Cardio 20-30 minutes

Day 39: Cardio

Day 40: Designated Upper Body Day: *Complete 3 Rounds*

- Bent over rows using free weights (12)
- Push-Ups (10)
- Renegade Rows (12)
- Push-Ups (10)
- Reverse Flys (10)
- Overhead presss (10)
- Front Shoulder Raises (10)
- Cardio Burst (1 min)

Repeat from the beginning!

Optional: Cardio 20-30 minutes

Day 41: Total Body: *Complete 3 Rounds...each round should take about 3 minutes to complete*

- Full Sit-Up (legs straight in front of you) with an alternating twist at the top, 10 each side
*Alternately you can do sit-ups/crunches on a ball
- Plank (hold for 20 seconds)
- Mountain Climbers (30 seconds)
- Plank (hold for 20 seconds)
- Plank Surrender (<https://www.youtube.com/watch?v=UUi0P-FXcVM>)
- Dead Bug

Optional: Cardio 20-30 minutes

Day 42: Rest

Day 43: Do each exercise 15 times. Complete 3 rounds. Try not to rest in between each exercise to keep your heart rate up.

- Push-Ups *If you always start on your knees, try starting on your toes and do as many as you can. You'll never know if you can until you TRY!
- Overhead Press using free weights
- Underhand Row using free weights
- Mountain Climbers (30 each leg, 60 total for each round)
- Butt Kicks

Optional: Cardio 20-30 minutes

Day 44: Cardio

Day 45: Designated Leg Day: Complete 5 Rounds

- Stair Climb (at gym, home or park) 3 minutes
- Single Leg Squats (15 Reps)
- Lateral Lunges (15 Reps Each Side)
- Burpees (60 Seconds)
- Hamstring Curl on Ball (60 Seconds) <https://www.youtube.com/watch?v=Kk8dpH4ZPos>

Optional: Cardio 20-30 minutes

Day 46: Cardio

Day 47: Designated Upper Body Day

Repeat this circuit 3 times. Do each move for 30 seconds, with a 30 second break in between.

- Dips (start to challenge yourself by elevating your feet or putting a weight on your lap)
- Tricep Pushups
- Bent Wrist Bicep Curl: Hold your arms in front with a dumbbell in each hand, palms facing the ceiling. Bend your wrists back so your biceps have to do all the work. Keep upper arms still, exhale as you curl the weights into your body. Inhale as you return.
- Bent Over Rows
- Shoulder Press

Optional: Cardio 20-30 minutes

Day 48: Total Body: Complete 2 Sets

- Push-Ups/Combo knee to opposite elbow (engage your core!) Right leg only x 10
- 25 Mountain Climbers
- 25 Burpees
- Push-Up/Combo Knee to opposite Elbow; Left leg only x 10
- 60 Rest then repeat
- 10 Jumping Jacks
- 10 Toe-Touch Crunches
- Plank Hold for 60 Seconds

Repeat for a second set

Optional: Cardio 20-30 minutes

Day 49: Rest

Day 50:

Complete 3 Rounds...each round should take about 3 minutes to complete

- Full Sit-Up (legs straight in front of you) with an alternating twist at the top, 10 each side
*Alternately you can do sit-ups/crunches on a ball
- Plank (hold for 20 seconds)
- Mountain Climbers (30 seconds)
- Plank (hold for 20 seconds)
- Plank Surrender (<https://www.youtube.com/watch?v=UUiOP-FXcVM>)

Optional: Cardio 20-30 minutes

Day 51: Cardio

Day 52: Designated Leg Day: Complete 5 Rounds

- Front Squat x 15
- Jump Squats x 10
- Wide Squats (aka Sumo Squat) x 15
- Hold Squat (hold at bottom of squat position for 5 seconds) then move into burpees (x5)
- Dynamic Lunges x 10/leg
- Wall Sit (30 Seconds)

Optional: Cardio 20-30 minutes

Day 53: Cardio

Day 54: Designated Upper Body Day

Complete three rounds

- Bent Over Freeweight Rows (10-15 Reps)
- Chest Fly Hand Off (15-20 Reps)
- Shoulder Cycles: Standing with feet hip-width apart, hold a light weight in each hand, close to your sides
 - (A). Raise your arms straight in front of you, so they're parallel to the floor (hands facing in)
 - (B). Open your arms out to the sides so they are nearly—but not quite—at a 180-degree angle
 - (C). Lower your arms down to the start. Do 6 cycles in this manner, then switch directions so you're raising arms out to the side first, then closing them in toward center, then lowering down, for another 6 reps.
- Overhead Tricep Extensions
- Bicep Curl (Perform a Lunge in between for an extra challenge)

Optional: Cardio 20-30 minutes

Day 55: Total Body: *Complete five rounds:*

- Push-ups (10 reps)
- Bodyweight squats (20 reps) *Hold free weights for advanced version
- Forward lunges—each leg (5 reps) *Hold free weights for advanced version
- Bicep curl into overhead shoulder press (10 reps)
- Dips (10 reps) Elevate feet for advanced version
- Burpees (30 seconds)
- Plank—side plank (each side) and traditional plank (30 seconds each) *Advanced version hold for 45-60 seconds

Optional: Cardio 20-30 minutes

Day 56: Rest

Day 57:

Read this and try something new (or repeat one of your other favorite workouts)

Low impact exercises that yield big results: <http://blog.myfitnesspal.com/4-low-impact-exercises-deliver-big-results-2/>

Day 58: Cardio

Day 59: Your Choice!

Revisit one of your most challenging WODs and see how your performance has improved.

Day 60: Cardio

Jaimi Erickson

8 weeks of
dinner plans
to simplify life

Meal Planning Simplified



Hi there,

Congratulations on taking a step to simplify life! These 9 weeks of dinner meal plans are all ready for you! These recipes are tasty, easy to prepare, and offer a variety of foods for parents and kids to try.

Each week has 5 recipes for you to work into your meal plan. That leaves a couple days open for leftovers and takeout.

I have given suggestions for side dishes, but always feel free to add a veggie or side of your choice. Adjust the meals to make them work for your schedule.

If you have any feedback or questions about the recipes, email me. You can reach me at admin@thestay-at-home-momssurvivalguide.com. I always welcome your thoughts.

Please refer friends to the shop for their own access to the guide. I appreciate it!

Enjoy the ease of 9 weeks of dinner meal plans in Meal Planning Simplified!

Sincerely,

Jaimi Erickson

Founder @ [The Stay-at-Home Mom Survival Guide](#)



Meals Week 1

Quick and Easy Lentil Quesadillas

<http://pinchofyum.com/quick-and-easy-lentil-quesadillas>

Optional side dishes: Corn, avocado, or [side salad](#). You can also freeze any remaining filling for a future meal.

Skillet Chicken with Creamy Cilantro Lime Sauce

<https://thestay-at-home-momsurvivalguide.com/skillet-chicken-cilantro-lime-sauce/>

Serve with a side of black beans or Cabbage Corn Tomato Salad.

<https://valentinascorner.com/cabbage-corn-tomato-salad/>

Chicken & Brussels Sprouts with Mustard Sauce

<https://blog.myfitnesspal.com/chicken-brussels-sprouts-with-mustard-sauce/>

Fire Roasted Tomato-Basil Crab Bisque

<https://www.bettycrocker.com/recipes/fire-roasted-tomato-basil-crab-bisque/49c5b7ad-41a7-4772-b051-840fea39f0b2>

Serve bread and [salad](#) on the side.

Easy Roasted Brisket

<http://everydaydishes.com/simple-food-recipes/beef-brisket/>

If your grocery store doesn't sell brisket, substitute for a roast. Try a [salad](#) as a side dish.

Meals Week 2

Broiled Salmon with Mango Salsa and Brown Rice

<http://juliasalbum.com/2013/05/salmon-with-mango-salsa-and-rice/>

Lemon Chicken Piccata

<http://www.jocooks.com/main-courses/poultry-main-courses/lemon-chicken-piccata/>

Serve with steamed broccoli or green beans.

Honey Balsamic Chicken Tenders

<https://www.budgetbytes.com/2012/07/honey-balsamic-chicken-tenders/>

Delicious with steamed asparagus lightly drizzled with a balsamic glaze.

Roasted Winter Vegetable Soup

<https://www.bettycrocker.com/recipes/roasted-winter-vegetable-soup/bdb62db5-efe2-4482-bac5-4078265e3c26?msclkid=c7778178aaf011ec96215ebe3c1b1257>

Crockpot Beef Fajitas

<http://www.humoroushomemaking.com/crock-pot-beef-fajitas>

Serve this as is, or with a whole wheat wrap or lettuce wraps (romaine lettuce works great).

Meals Week 3

Beet, Goat Cheese and Walnut Salad

<http://thecookspyjamas.com/roasted-beetroot-goats-cheese-walnut-salad/>

Make sure you wear a pair of gloves when peeling the beets!

Blackened Shrimp, Asparagus and Avocado Salad with Lemon Pepper Yogurt Dressing

<http://cafedelites.com/?s=blackened+shrimp>

Hummus-Crusted Chicken and Summer Veggies

<http://www.gimmesomeoven.com/hummus-crusted-chicken/>

Serve with additional hummus on the side. If you aren't a huge squash fan, try substituting with broccoli and/or cauliflower.

Creamy Lemon Chicken with Asparagus and Mushrooms

<http://www.wholesomelicious.com/creamy-lemon-chicken-with-asparagus-and-mushrooms/>

Serve with a side of Quinoa or Brown Rice.

One Pan Sausage and Veggies

<http://www.chelseasmessyapron.com/one-pan-healthy-sausage-and-veggies/>

Substitute veggies for whatever you have on hand. They all taste great with these seasonings!

Meals Week 4

Mini Pepper Nachos

<http://www.closetcooking.com/2013/10/mini-pepper-nachos-with-corn-black.html>

Roasted Veggies and Black Bean Burritos

<http://tastykitchen.com/recipes/special-dietary-needs/vegetarian/roasted-veggie-and-black-bean-burritos/>

Jalapenos are optional. This is a good one that can be doubled and frozen.

Beer & Honey Roasted Chicken Thighs

<http://www.oliviascuisine.com/beer-honey-roasted-chicken-thighs/>

Use chicken breasts instead of thighs. Experiment with different flavors of beer.

Try this recipe as a side dish: <http://www.cookingclassy.com/apple-cranberry-almond-coleslaw/>

Italian Bean Soup with Greens

<https://www.bettycrocker.com/recipes/italian-bean-soup-with-greens/aa43f405-4305-4ae3-9909-af44a54af20c?msclkid=0acc84d1aba411ecaa9a21bc95542262>

Asparagus Sweet Potato Chicken Skillet

<http://www.primaverakitchen.com/asparagus-sweet-potato-chicken-skillet/>

Meals Week 5

Vegan Sloppy Joes

<http://minimalistbaker.com/vegan-sloppy-joes/>

If you prefer to use meat, cook a pound of ground beef or turkey and add it to the cooked lentils.

Paleo Coconut Chicken

<http://paleoleap.com/coconut-crust-ed-chicken-strips/>

Serve with Fried Rice recipe: <http://www.cookingclassy.com/very-veggie-fried-rice/>

Avocado Caprese Salad

<http://www.foodiecrush.com/avocado-caprese-salad-plus-5-crunchy-avocado-salads/>

Serve this with grilled chicken, shrimp, or with this Italian Chicken recipe:

<http://www.thepinningmama.com/easy-dinner-recipe-italian-chicken-bake/>

Stuffed Chicken

<http://cuckooking.blogspot.com/2010/08/cajun-chicken-with-pepper-jack-cheese.html>

Serve with roasted broccoli: <http://www.jocooks.com/healthy-eating/the-ultimate-parmesan-roasted-broccoli/>

Quinoa Avocado Spinach Power Salad

<http://www.thegardengrazer.com/2014/04/quinoa-avocado-spinach-power-salad.html>

Serve with grilled chicken or shrimp.

Meals Week 6

Power Turkey Meatloaf

<https://www.beachbodyondemand.com/blog/power-turkey-meatloaf-recipe?msclkid=7dd33c11aba411ecb0d99809b1d4dd72>

Serve with Garlic Butter Smashed Sweet Potatoes: <http://cafedelites.com/2016/09/15/garlic-butter-smashed-sweet-potatoes-with-parmesan/>

Creamy Basil & Tomato Chicken

<http://www.forageddish.com/blog/2016/1/16/paleo-creamybasil-tomato-chicken?rq=paleo%20chicken>

Omit nutritional yeast if you don't have it.

Rosemary Balsamic Pork Loin

<http://whitneybond.com/2011/11/09/whats-for-dinner-rosemary-balsamic-pork-tenderloin/>

Serve with Garlic and Balsamic Roasted Mushrooms: <http://www.thechunkychef.com/garlic-and-balsamic-roasted-mushrooms/>

Grilled Vegetable Quesadillas with Goat Cheese and Pesto

<http://domesticate-me.com/grilled-vegetable-quesadilla/>

You can use store bought pesto or make your own using this recipe:

http://www.theyummylife.com/How_to_make_Pesto

I served my kids cheese quesadillas, with veggies on the side.

20 Minute Honey Garlic Shrimp:

<http://sallysbakingaddiction.com/2016/05/09/quick-healthy-dinner-20-minute-honey-garlic-shrimp/>

Serve this over a [salad](#), or with steamed broccoli and brown rice or quinoa.

Meals Week 7

Chicken Marsala

<http://www.foodnetwork.com/recipes/emeril-lagasse/chicken-marsala-recipe.html>

Pumpkin Turkey Mac 'n' Cheese

<https://thestay-at-home-momsurvivalguide.com/pumpkin-turkey-mac-cheese/>

Shoyu Chicken

<http://allrecipes.com/recipe/202463/shoyu-chicken/>

Serve with a side of Cashew Cabbage: <http://www.justapinch.com/recipes/side/side-vegetable/cashew-cabbage.html>

This recipe compliments the Shoyu Chicken, but can also be made as its own meal and served with grilled beef, chicken, shrimp, or tofu.

Sweet Potato Meatloaf

<https://thestay-at-home-momsurvivalguide.com/getting-kids-to-eat-what-you-cook/>

Serve with a [salad](#) or steamed veggies.

Cheesy Garlic Parmesan Spinach Spaghetti Squash

<http://peasandcrayons.com/2016/09/cheesy-garlic-parmesan-spinach-spaghetti-squash.html>

Serve this with some grilled chicken.

Meals Week 8

Ground Turkey Brussels Sprout Skillet

<http://myheartbeets.com/ground-turkey-brussels-sprouts-skillet/>

The spices can get a little hot for the kiddos. Go easy on the spice.

Chicken Thighs with Creamy Bacon Mushroom Thyme Sauce

<http://juliasalbum.com/2016/03/chicken-thighs-with-creamy-bacon-mushroom-thyme-sauce/>

This pairs well with steamed broccoli or green beans.

Roasted Butternut Squash Soup

<http://damndelicious.net/2014/12/10/roasted-butternut-squash-bacon-soup/>

Thai Peanut Chicken & Sweet Potato Noodle Stir Fry

<http://www.ambitiouskitchen.com/2015/07/spicy-thai-peanut-chicken-sweet-potato-noodle-stir-fry/>

Spinach & Ricotta Pie

<https://iquitsugar.com/recipe/spinach-ricotta-fet-filo-pie/>

Meals: Week 9

Baked Honey Mustard Chicken

<http://allrecipes.com/recipe/8847/baked-honey-mustard-chicken/>

Serve with your choice of veggie.

Shredded Kale and Brussels Sprout Salad

<http://www.farmfresh toyou.com/recipes/256/shredded-kale-and-brussels-sprout-salad>

Serve with grilled chicken.

Very Greek Grilled Chicken

<http://www.kalynskitchen.com/2006/03/very-greek-grilled-chickenfrom-recipe.html>

Serve with Israeli Salad: <http://www.feastingathome.com/israeli-salad/>

Grilled Avocado Chicken Burger

<http://www.smokedngrilled.com/grilled-avocado-chicken-burger/>

Pairs well with corn on the cob or another grilled vegetable.

Beef Enchiladas

<https://www.foodnetwork.com/recipes/guy-fieri/holla-beef-enchiladas-recipe-1920518?msclkid=2844a4ebaba711ecb991dfe01853def6>

I used half the amount of beef and pre-cooked it in the InstaPot. I also used jarred sauce.

Simplified Shopping List

Produce

Deli/Bakery

Packaged Foods

Canned Goods

Meat/Dairy

Frozen Foods

Bread/Pasta

Paper Products

Pharmacy

Personal Care

Miscellaneous

Notes
