

Our Minimalist Menu

Fill in the right side with your additional recipes

Breakfasts

[Simple Baked Oatmeal](#)

[Sheet Pan Pancakes](#)

[Egg Muffins](#), fruit

[Smoothie](#)

[Toast & Spread](#), fruit

Lunches

[Freezer Sandwiches](#)

[Lentil Soup](#)

[Quinoa Salad](#)

[Snack plate](#)

Leftovers

Dinners

[Make-Ahead Beef, Yellow Rice, & Salad](#)

[Make-Ahead Chicken, Sweet Potatoes, & Salad](#)

[Baked Potato Bar](#)

[Cheesy Lentil Pie](#) & Salad

[10-Minute Tomato Soup](#) & Grilled Cheese Sandwiches

[Pizza](#) (with [easy sauce](#)) & Salad

[Burrito Bowls](#)

OYO (On Your Own) or Leftovers

Snacks

[No-Bake Energy Bars](#)

[Whole Grain Muffins](#)

[Hummus](#) or [Ranch Dip](#) & Veggies

Fruit

Nuts