



Waldorf Homeschool





















The **Step-by-Step Course** to Understanding & Creating a Waldorf-Inspired Homeschool

by **Donna Ashton**

Founder of The International Association of Waldorf Homeschooling

MEAL IDEA PLANNER

DAYS	BREAKFAST	LUNCH	DINNER
MONDAY	 Omelette	 Pasta	 Chicken
TUESDAY	 Eggs	 Egg Salad	 Stir Fry
WEDNESDAY	 Oatmeal	 Hummus with Raw Veggies	 Fish
THURSDAY	 Yogurt and Fruit	 PBJ	 Casserole
FRIDAY	 Cereal with Fruit	 Soup with Grilled Chese	 Pizza
SATURDAY	 Pancakes	 Yogurt with Granola	 Crock Pot
SUNDAY	 Waffles	 Salad with Fruit	 Mexican