

MONTHLY MEAL PLAN



DAYS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	B: L: D:	B: L: D:	B: L: D:	B: L: D:
TUE	B: L: D:	B: L: D:	B: L: D:	B: L: D:
WED	B: L: D:	B: L: D:	B: L: D:	B: L: D:
THU	B: L: D:	B: L: D:	B: L: D:	B: L: D:
FRI	B: L: D:	B: L: D:	B: L: D:	B: L: D:
SAT	B: L: D:	B: L: D:	B: L: D:	B: L: D:
SUN	B: L: D:	B: L: D:	B: L: D:	B: L: D:

sample

MONTHLY MEAL PLAN



DAYS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	B: TOAST & EGGS L: SALAD/VEGGIES & HUMMUS D: <u>CROCKPOT CHICKEN AND RICE</u>	B: TOAST & EGGS L: SALAD/VEGGIES & HUMMUS D: <u>SLOW COOKER BEEF & BROCCOLI</u>	B: TOAST & EGGS L: SALAD/VEGGIES & HUMMUS D: <u>ONE POT MAC & CHEESE</u>	B: TOAST & EGGS L: SALAD/VEGGIES & HUMMUS D: <u>PARMESAN CHICKEN W/ RICE & VEGGIES</u>
TUE	B: SMOOTHIES L: LEFTOVERS D: BEEF TACOS	B: SMOOTHIES L: LEFTOVERS D: CHICKEN TACOS	B: SMOOTHIES L: LEFTOVERS D: TACO SALADS	B: SMOOTHIES L: LEFTOVERS D: CHICKEN TACOS
WED	B: <u>PB BANANA MUFFINS</u> L: TURKEY SANDWICH D: BAKED POTATO BAR (USE LEFTOVERS)	B: <u>PB BANANA MUFFINS</u> L: LEFTOVERS D: CHICKEN SANDWICHES W/VEGGIES	B: <u>PB BANANA MUFFINS</u> L: TURKEY SANDWICH D: BAKED POTATO BAR/LEFTOVERS	B: <u>PB BANANA MUFFINS</u> L: LEFTOVERS D: CHICKEN SANDWICHES W/ VEGGIES
THU	B: <u>PB BANANA MUFFINS</u> L: SNACK LUNCH D: GRILLED CHICKEN W/ SALAD	B: <u>PB BANANA MUFFINS</u> L: TURKEY SANDWICH D: SPAGHETTI W/MEATBALLS	B: <u>PB BANANA MUFFINS</u> L: SNACK LUNCH D: GRILLED CHICKEN W/ SALAD	B: <u>PB BANANA MUFFINS</u> L: TURKEY SANDWICH D: <u>STUFFED PEPPER CASSEROLE</u>
FRI	B: SMOOTHIES L: CHICKEN LEFTOVERS SANDWICH D: PIZZA	B: SMOOTHIES L: LEFTOVERS D: PIZZA	B: SMOOTHIES L: CHICKEN LEFTOVERS SANDWICH D: PIZZA	B: SMOOTHIES L: LEFTOVERS D: PIZZA
SAT	B: CEREAL & FRUIT L: LEFTOVERS/SALAD D: GRILL HAMBURGERS W/ VEGGIES & TOTS	B: CEREAL & FRUIT L: LEFTOVERS/SALAD D: <u>LOADED POTATO SOUP</u>	B: CEREAL & FRUIT L: LEFTOVERS/SALAD D: CRESCENT ROLL WRAPPED HOT DOGS	B: CEREAL & FRUIT L: LEFTOVERS/SALAD D: BBQ CHICKEN WITH COOKED VEGGIES & POTATOES
SUN	B: PANCAKES L: SNACK LUNCH D: BREAKFAST DINNER	B: PANCAKES L: SNACK LUNCH D: BREAKFAST DINNER	B: PANCAKES L: SNACK LUNCH D: BREAKFAST DINNER	B: PANCAKES L: SNACK LUNCH D: BREAKFAST DINNER