

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