

# MEAL PLANNING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


## Meal Ideas:

Alfredo Chicken  
Baked Chicken/Turkey  
Baked Potatoes  
Barley Soup  
BBQ Beef  
Beef Stroganoff  
Bread Bowls with Soup  
Burritos  
Cheesy Potatoes  
Chicken and Dumplings  
Chicken and Mushrooms  
Chicken Fettuccini  
Chicken Tomato Sauce with Noodles  
Chicken Tortilla Soup  
Chili  
Chinese Chicken  
Clam Chowder  
Enchiladas, Turkey/Chicken  
Fajitas  
Fish  
Fondue  
Fried Rice  
Ghost Casserole  
Hamburgers  
Hawaiian Haystacks  
Lasagna (Regular or Crock pot)  
Manicotti  
Meatballs  
Meatloaf with Canned Gravy  
Mexican Casserole with Tortilla Chips  
Parmesan Chicken  
Pita Pockets  
Pork Chops  
Pot Pie  
Pot Roast  
Potato Chowder  
Quiche  
Risotto  
Sloppy Joes  
Soup (Canned, Bear Creek)  
Spaghetti

Spaghetti Pie  
Steak  
Stew  
Stir fry  
Taco Salad  
Taco Soup  
Tacos  
Tomato Cheese Soup  
Zesty Italian Crock Pot Chicken  
Zucchini Casserole

## Breads/Desserts/Salads:

Almond Poppy Seed Bread  
Banana Nut Bread  
Biscuits, Sky High  
Bread Pudding  
Brownies  
Cupcakes  
Death by Chocolate  
Deviled Eggs  
Frog-eyed Salad  
Fruit with Fruit Dip  
Muffins  
Pistachio Dessert  
Poppy Seed Cake  
Pumpkin Cookies  
Snickerdoodle Coffee Cake  
Sweet Potato Pie  
Yums

## Breakfast:

Applesauce Dumplings  
Breakfast Pie  
Breakfast Quiche  
Buttermilk Syrup  
Crepes  
Oatmeal  
Omelets  
Wheat Blender Pancakes/Waffles