

# MEAL PLANNING IDEAS

By Rachel Woods, About LDS Guide, [lds.about.com](http://lds.about.com)

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**


**MEAL IDEAS:**

Baked Potatoes  
 Burritos  
 Casserole  
 Chicken  
 Chili  
 Chimichangas  
 Chow Mein  
 Enchiladas  
 Hamburgers  
 Lasagna  
 Meatballs  
 Meatloaf  
 Omelets  
 Pasta  
 Pita Pockets (veggies/meat)  
 Pizza  
 Pork/Lamb Chops  
 Pot Pie  
 Ribs

Sandwiches (tuna/cheese)  
 Seafood (crab, fish)  
 Sloppy Joes  
 Soup/Stew/Chowder  
 Souvlakies (stick or tortilla)  
 Spaghetti  
 Steak  
 Stir Fry  
 Stroganoff  
 Tacos

**OTHER IDEAS:**

Beans (baked/lima/frozen)  
 Cabbage/Coleslaw  
 Chips & Salsa/Dip  
 Corn Bread  
 Cottage Cheese & Fruit  
 Dressing  
 Eggs (hard boiled/stuffed)  
 Fruit (canned/fresh)  
 Muffins  
 Peppers (fresh/stuffed)  
 Pickles  
 Potatoes (cheese/hash/mashed)  
 Quiche (cheese/zucchini)  
 Rice  
 Rolls/Biscuits/Breadsticks  
 Salad (green/fruit/pasta/Jello)  
 Scones  
 Shrimp  
 Squash/Yams

Stuffed Mushrooms  
 Vegetables (steamed/  
 fresh/frozen)  
 Zucchini