

# MEAL PLANNING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


## MEAL IDEAS:

Baked Potatoes	Pizza
Burritos	Pork/Lamb Chops
Casserole	Pot Pie
Chicken	Ribs
Chili	Sandwiches (tuna/cheese)
Chimichangas	Seafood (crab, fish)
Chow Mein	Sloppy Joes
Enchiladas	Soup/Stew/Chowder
Hamburgers	Souvlakies (stick or tortilla)
Lasagna	Spaghetti
Meatballs	Steak
Meatloaf	Stir Fry
Omelets	Stroganoff
Pasta	Tacos
Pita Pockets (veggies/meat)	

## OTHER IDEAS:

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