



Monthly Meal Planner				
meal plan ingredients recipes shopping				
DATE	SERVES	MAIN DISH	SIDE DISH 1	
10/01/2012 Mon	4	Nachos Grande		
10/02/2012 Tue	4	Aloha Chicken	Sticky White Rice	
10/03/2012 Wed	4	Grilled Italian Chicken	Pesto Couscous	
10/04/2012 Thu	4	Shish Kebabs	Sticky White Rice	
10/05/2012 Fri	4	Brown Sugar & Spice Rubbed Baby Back Ribs	Seasoned French Fries	
10/06/2012 Sat	4	Beef and Mushroom Skillet Supper		
10/07/2012 Sun	2	Shrimp Fettuccini Pasta	Berries & Lemon Curd	
10/08/2012 Mon	2	Nachos Grande		
10/09/2012 Tue	4	Aloha Chicken	Sticky White Rice	
10/10/2012 Wed	4	Grilled Italian Chicken	Pesto Couscous	
10/11/2012 Thu	4	Shish Kebabs	Sticky White Rice	
10/12/2012 Fri	4	Brown Sugar & Spice Rubbed Baby Back Ribs	Seasoned French Fries	