

Monthly Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Grilled Cheese Sandwiches Tater Tots	2 Leftovers	3 Chicken Noodle Soup Salad	4 Pineapple Pork Chops Rice	5 Hamburgers Mac & Cheese
6 Turkey Breast Mashed Potatoes	7 Pancakes Eggs Bacon	8 Tacos	9 Chicken Stir Fry Rice	10 Leftovers	11 Pizza	12 Crockpot Chicken Rice
13 Lemon Chicken Angel Hair Pasta	14 Veggie Burgers Roasted Veggies	15 Leftovers	16 Hot Dogs Mac & Cheese	17 Spaghetti & Meatballs Salad	18 Pulled Pork Sandwiches Baked Potatoes	19 Dinner Out
20 Chicken Parmesan Spaghetti	21 Pizza	22 Tacos	23 Meatball Sandwiches Salad	24 Leftovers	25 Beef Stir Fry Rice	26 Beef Stroganoff Mashed Potatoes

FREE MONTHLY MEAL PLANNER PRINTABLE

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