

Favorite Meals List



Slowcooker Meals

pot roast with potatoes
korean beef

Easy, Fast Meals

jambalaya

Comfort Meals

potato soup & grilled cheese

Fancy Dinners

FAMILY Meals



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
B	Oatmeal with apple	Homemade cereal bars	Fruit salad with toast	Omeletes	Oatmeal and fruit salad	Cereal bars	Biscuits and gravy
L	Chicken cesear salad	Sandwich, chips and fruit	Baked potato bar	Sandwich and chips	Potato soup and crusty bread	Lunch out	Fried chicken meal
D	Chicken fettucine alfredo	pork chops with green beans	Pot roast with potatoes and carrots	pot roast leftovers	Chinese chicken and rice	BBQ	Dinner at grandmas house
Week 2							
B							
L							
D							
Week 3							
B							
L							
D							

Making Meal Planning quicker,
easier and yummmier!!