

# MEAL PLANNING IDEAS and calendar printable

| Sunday  | Monday                                    | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|---|---|---|---|---|---|---|
|   |   |   |   |   | 1<br>Mexican Chili Cornbread Casserole              | 2<br>FREE DAY<br>Pizza                          |
| 3<br>Homemade Baked Italian Subs                        | 4<br>Shepherd's Pie                       | 5<br>(frozen) Wedding Soup                          | 6<br>Cornflake Chicken with roasted green beans & mashed potatoes | 7<br>Crockpot Beef Roast with spinach salads                                | 8<br>Crockpot Sausage Spinach Tomato Soup           | 9<br>FREE DAY<br>Date Night                     |
| 10<br>Crunchy Chicken with roasted carrots & brown rice | 11<br>Mac 'n Cheese with steamed broccoli | 12<br>(frozen) Crockpot Turkey Black Bean Chili     | 13<br>(frozen) Crockpot BBQ Pork with sweet potato fries & salads | 14<br>Pasta topped with steamed broccoli, grilled chicken, & (frozen) pesto | 15<br>Chicken Spinach Pasta Bake                    | 16<br>FREE DAY<br>Pizza                         |
| 17<br>Balsamic Roast Beef with potatoes & broccoli      | 18<br>Mexican Stuffed Shells              | 19<br>Pasta with Meat Sauce & salads                | 20<br>Ham & Broccoli Calzones                                     | 21<br>Chicken Enchiladas  | 22<br>Cranberry Pork Roast with peas & corn muffins | 23<br>FREE DAY<br>Dinner at Mom and Dad's House |
| 24<br>(frozen) Meatloaf with roasted carrots & stuffing | 25<br>Chicken Pot Pie                     | 26<br>(frozen) Crockpot Beef, Lime & Cilantro Chili | 27<br>'No Peek' Chicken with peas                                 | 28<br>(frozen) Crockpot Chicken Fajitas                                     |   |   |

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