

MEAL PLANNING IDEAS and calendar printable

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

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