



week of:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

monday

tuesday  
Pasta with meat sauce & spinach  
Salmon & veg omelette  
Baked chicken

wednesday

thursday

friday

saturday

sunday

## plan this week's menu

- S Chicken, veggie & sausage
- M Meat & veggie
- T Soup
- W Chicken & veg
- T Mexican veggie
- F Beef & veggie
- S

### shopping list

- Onion
- Spinach
- Carrots
- Garlic
- Tomatoes
- Ground beef

Artsy Fartsy Mama