

Meal Plan Samples

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> B: banana pancakes & berries L: freezer soup & grapes D: crockpot chicken & black beans 	<ul style="list-style-type: none"> B: scrambled eggs & bananas L: chicken lettuce cups/sandwiches D: black bean burritos with cheese, lettuce, guacamole 	<ul style="list-style-type: none"> B: oatmeal, milk, banana slices L: build your own tacos (leftover black beans) D: chicken noodle soup & spinach salad 	<ul style="list-style-type: none"> B: spinach smoothies & peanut butter toast L: hardboiled eggs, veggie sticks & hummus D: broccoli & cheese casserole 	<ul style="list-style-type: none"> B: granola & milk L: mac & cheese (freezer) & veggie sticks D: lasagna & sauteed spinach 	<ul style="list-style-type: none"> B: spinach smoothies & peanut butter toast L: chicken legs, cucumber slices, hummus D: pizza & spinach salad 	<ul style="list-style-type: none"> B: omelet with spinach & roasted tomatoes L: wraps day: meat, veggies, hummus, D: anything goes night: burgers on the grill & homemade fries
<ul style="list-style-type: none"> B: waffles & berries L: freezer soup & apple slices D: crockpot chuck roast with potatoes & carrots & salad 	<ul style="list-style-type: none"> B: scrambled eggs & spinach L: peanut butter & banana waffle sandwiches & apple slices D: ground beef tacos & toppings 	<ul style="list-style-type: none"> B: granola & milk, berries L: leftover ground beef tacos & toppings D: lentil veggie soup and bread 	<ul style="list-style-type: none"> B: berry smoothies & zucchini muffins L: egg sandwiches, cucumber sticks & hummus D: tuna noodle casserole & peas 	<ul style="list-style-type: none"> B: granola & milk, bananas L: leftover tuna noodle casserole & peas D: zucchini noodles, meatballs, pasta sauce 	<ul style="list-style-type: none"> B: berry smoothies & zucchini muffins L: ham and cheese roll-ups, cucumber slices, hummus D: Broccoli and Ricotta Calzones & salad 	<ul style="list-style-type: none"> B: omelet with ham & green onions L: wraps day: meat, veggies, hummus, D: anything goes night: quiche & roasted veggies
<ul style="list-style-type: none"> B: french toast with banana slices L: freezer soup & apple slices D: crockpot chicken fajitas & corn 	<ul style="list-style-type: none"> B: hardboiled eggs, toast, & pears L: leftover chicken fajitas and corn D: taco salad with black beans and toppings 	<ul style="list-style-type: none"> B: crockpot oatmeal, milk, & pears L: refried beans & cheese, veggie sticks D: veggie corn chowder and salad 	<ul style="list-style-type: none"> B: coconut & mango smoothie & toast L: egg & veggie burritos & apple slices D: goulash & green beans 	<ul style="list-style-type: none"> B: hardboiled eggs & toast L: leftover refried beans & cheese, veggie sticks D: cheesy baked ziti & salad 	<ul style="list-style-type: none"> B: coconut & mango smoothie & toast L: ham and cheese sandwiches, apple slices D: pizza & salad 	<ul style="list-style-type: none"> B: omelet with ham, potato hash L: wraps day: meat, veggies, hummus, D: anything goes night: meatloaf & corn on the cob
<ul style="list-style-type: none"> B: pancakes & pears L: freezer soup & homemade biscuits D: crockpot short ribs, roasted seasonal veggies, baked potatoes 	<ul style="list-style-type: none"> B: bacon, cheese, biscuit sandwiches L: bacon, lettuce, tomato, avocado sandwiches and pear D: taquitos & toppings 	<ul style="list-style-type: none"> B: oatmeal, milk, pears L: leftover taquitos & toppings D: veggie soup & leftover baked potatoes 	<ul style="list-style-type: none"> B: berry smoothie & peanut butter pancake sammies L: egg & cheese biscuit sandwiches & veggie sticks D: chicken & rice casserole, roasted broccoli 	<ul style="list-style-type: none"> B: oatmeal, milk, pears L: leftover chicken & rice casserole, pear D: zucchini noodles, meatballs, pasta sauce 	<ul style="list-style-type: none"> B: berry smoothie & pb pancake sandwiches L: tuna sandwiches & popcorn D: pizza & salad 	<ul style="list-style-type: none"> B: omelet & sausage L: wraps day: meat, veggies, hummus, D: date night out!

Note: Highlighted meals contain ingredients reused multiple times.

Printable taken from the Real Food Planning Challenge eBook