

Monthly Meal Planner

Week:

1 Garlic Parmesan Salmon & veggie
Chicken enchilada bowls
Garden Skillet (brats)
Balsamic Pork Roast & side veggie & potatoes
Quick Homemade Ramen Soup

2 Pineapple Tilapia & veggie
Chicken tacos
Brats & fruit
Homemade chicken pizza
Ground beef noodle stir fry

3 Sweet citrus spiced salmon & veggie
Fajita quesadillas & fruit
Taco soup
Sausage veggie pan w/ brown rice
Pad Thai

4 Garlic butter salmon & veggie
Fish tacos
Breakfast burritos
Grilled chicken & zucchini tots & brown rice
Olivers B-day

5

Fresh Grocery List:

Milk, bread, fruit, 2 side veggie, bell peppers, onion, lettuce, zucchini, squash, bell pepper, potatoes, ginger, garlic, green onion, kale, carrots
estimated cost: \$25

Milk, bread, fruit, 2 side veggies, lettuce, cilantro, tortillas, side fruit, spinach

estimated cost: \$20

Milk, bread, fruit, side veggie, side fruit, lettuce, salad toppings, sprouts, coleslaw, green onion

estimated cost: \$25

Milk, bread, fruit, garlic, lemon, side veggie, tortillas, coleslaw, green apple, lime, cilantro, red onion, potatoes, 2 zucchini

estimated cost: \$20

estimated cost:

Breakfast

zucchini bread, burritos, bagels, muffins, fruit + yogurt, cereal, french toast, waffles

Lunch

lunchables, chicken nuggets, burritos, leftovers, hard boiled eggs, sandwiches, avocado egg sandwich, bagels