

Monthly Meal Planner

Week:

Fresh Grocery List:

1 Fish taco bowls
chicken burgers & fruit
buffalo chicken meatballs
Ribs, side veggie, baked potatoes
Cauliflower fried rice w/ chicken

Milk, fruit, bread, green apple, cabbage,
lettuce, avocado, side veggie, potatoes, red
onion, carrots, garlic, green onion,
estimated cost: **\$25**

2 Breakfast burritos bowls
Carne asada
Beef & broccoli
Sausage & veggie bake
Whole30 Chicken Salad

Milk, fruit, bread, potatoes, cilantro, 2 limes,
3 tomatillos, 1/2 onion, jalapeno,
watermelon, broccoli, peppers, asparagus,
estimated cost: **\$25**

3 **Last day of school**
Tacos on lettuce shells
Sweet onion teriyaki fish
Buffalo chicken bacon brussel sprouts
Cilantro lime chicken w/ avocado salsa & side veggie

Milk, fruit, bread, avocado, lettuce, spinach,
broccoli, sweet onion, lemon, 1 lbs brussels,
cilantro, 2 limes, 4 avocados
estimated cost: **\$25**

4 **Beach camping**
Grilled balsamic chicken & veggies
Burgers protein style & homemade fries
Chicken salad avocado boats
Sloppy joe bowls

Milk, fruit, bread, side veggie, lettuce,
potatoes, 4 avocados, red onion, green apple,
green onion, parsley, 1/2 onion, green
pepper, garlic
estimated cost: **\$25**

5 _____

estimated cost:

Breakfast
(see additional breakfast meal plan)

Lunch
lunchables, chicken nuggets, burritos, leftovers, hard boiled eggs, sandwiches,
avocado egg sandwich, bagels, baked potato & salad, wraps, cob salad, tuna wraps,
salads (taco, greek, cobb, italian, blt)