

Monthly Meal Planner

Week:

Fresh Grocery List:

1

Eating out

Pancakes & fruit

Quesadillas

Nachos

Hot dogs and chicken burgers

Milk, fruit, bread, buttermilk, chips, avocado, buns

estimated cost: **\$20**

2

Kid's Tonsils

Black bean enchiladas (x2 for friend)

Coconut chicken curry

Chipotle chicken salad

Quiche

Milk, fruit, bread, zucchini, red onion, garlic, cilantro, jalapeno, ginger, green bell pepper, 3 limes, lettuce

estimated cost: **\$20**

3

Tacos

Corned beef

Stir fry using Asian pork

Chicken pot pie

One pan balsamic chicken & veggies

Milk, fruit, bread, lettuce, corn tortillas, avocado, potatoes, cabbage, carrots, red potatoes, broccoli

estimated cost: **\$25**

4

Watching Cousins - grilled cheese

Fish tacos

Pad Thai

Hamburgers & fruit

Breakfast burritos

Milk, fruit, bread, buns, coleslaw mix, sprouts, green apple, avocado, potatoes,

estimated cost: **\$20**

5

Homemade pizza

Slow cooker cream cheese chicken

Pork won tons

Beef & broccoli

Grilled balsamic chicken & veggies

Milk, fruit, bread, cream cheese, cabbage, green onion, ginger, broccoli, side veggie

estimated cost: **\$20**

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