

Monthly Meal Planner

Week:

Fresh Grocery List:

1 Breakfast
Hawaiian pineapple chicken
Taco soup
Brats & fruit
Slow cooker chicken tacos

Milk, fruit, bread, hot dog buns, buttermilk, chips, 2 avocado, buns, pineapple, 2 green peppers, 1 red bell pepper, 1 yellow bell pepper, chips, lettuce, coleslaw mix, ginger, green onion, cilantro

estimated cost: **\$25**

2 Spaghetti
Grilled Pineapple Nachos
Avocado bacon pasta
Steak burrito bowl
Hawaiian chicken sandwich - slow cooker

Milk, fruit, bread, zucchini, lettuce, salad toppings, chips, jalapeno, pineapple, red onion, red bell pepper, green onion, cilantro, 3 lime, 4 avocado, buttermilk, guac, rolls, coleslaw mix, red onion

estimated cost: **\$25**

3 Pesto chicken tortellini
Spicy chicken flat bread
Homemade pizza
Southwestern chicken packets
Chicken ranch wrap

Milk, fruit, bread, tomatoes, asparagus, flat bread, cilantro, avocado, lettuce

estimated cost: **\$20**

4 Cilantro lime chicken
Pineapple pulled chicken tacos
Enchiladas
Greek salad
Mexican Pizzas

Milk, fruit, bread, 4 limes, green onion, cilantro, lettuce, zucchini, 3 avocado, cucumber, red onion, kalamata olives, tomato, olives

estimated cost: **\$15**

5 Chicken cesar sandwich
Sticky pineapple ginger chicken
Mexican street corn pasta
Cucumber quinoa salad
Grilled Hawaiian pork chops

Milk, fruit, bread, rolls green onion, pineapple, 4 corn cob, avocado, cilantro, jalapeno, 2 limes, cucumber, red onion, lemon

estimated cost: **\$25**

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