

Monthly Meal Planner

Week:

Fresh Grocery List:

1 Lemon fish, side veggie & rice
Slow cooker chicken parmesan & mashed potatoes
Grilled cheese & fruit
Homemade mac & cheese w/sausage
Classic Stew

Milk, fruit, bread, side veggie, lettuce, cucumber, red bell pepper, sourdough bread, potatoes, carrots, onion

estimated cost: **\$25**

2 **Christmas Party**
Slow cooker lasagna
Homemade chili
Burrito Bowls
Homemade pizza

Milk, fruit, bread, cottage cheese, lettuce, onion, green pepper, cucumber, red bell pepper,

estimated cost: **\$20**

3 **Christmas Party**
Sausage & potato roast w/ peppers
Beef stroganoff
Baked potato bar
Slow cooker greek chicken pitas

Milk, fruit, bread, potatoes, green onion, onion, garlic, sour cream, pitas, cucumber, olives, tatziki

estimated cost: **\$25**

4 **Christmas**
Balsamic Chicken, veggie, & rice
Tacos
Chicken fried rice (leftover veggies)
Homemade Ramen Soup

Milk, fruit, bread, lettuce, side veggie, ginger, coleslaw mix

estimated cost: **\$25**

5 **New Years**
Bacon Pasta
Spaghetti
Hawaiian Haystacks
Tostadas

Milk, fruit, bread, lettuce, 2 avocado, green veggie, cucumber, red bell pepper, green onions,

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, sausage & veggie, chicken burgers