

Monthly Meal Planner

Week:

Fresh Grocery List:

1 Chicken parmesan paninis
Beef fajitas
Mediterranean Chicken
Hawaiian haystacks
Ham mac & cheese w/ side veggie

Milk, fruit, onion, red bell pepper, green bell pepper, lettuce, salad toppings, 2 side veggie, 3 lemon, pita, sourdough bread,
estimated cost: **\$15**

2 Cesar pasta salad
Tacos
Baked Potato Bar
Slow cooker london broil w/salad
Grilled chicken w/ bacon wrapped asparagus

Milk, fruit, bread, lettuce, avocado, lettuce, green onion, asparagus, potatoes,
estimated cost: **\$25**

3 Pulled pork sliders w/fruit
Ham & cheese Stromboli
Slow cooker ribs w/ side veggie
Sesame steak kabobs
Beef chili

Milk, fruit, bread, side veggie, green onion, rolls, kabob veggies, onion, green bell pepper,
estimated cost: **\$25**

4 Spaghetti
Homemade pizza
Zucchini enchiladas
Slow cooker fajita soup
Pesto tilapia w/asparagus

Milk, fruit, bread, chips, avocados, lettuce, salad toppings, 4 zucchini, asparagus
estimated cost: **\$25**

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estimated cost:

Notes: