

Monthly Meal Planner

Week:

Fresh Grocery List:

1

Vaca!

estimated cost:

2

Tostadas
Brats and potatoes w/fruit
Ham & cheese slides
Ribs w/macaroni salad
One pot bacon broccoli pasta

Milk, fruit, bread, avocado, lettuce, cilantro, potatoes, side fruit, ham, rolls, red & green bell peppers, 2 c. heavy cream, 2 c. broccoli

estimated cost: **\$30**

3

Homemade pizza
Ground beef taco salad
Enchiladas
Grilled mozzarella sandwich
Lime tilapia w/ avocado mango salsa

Milk, fruit, bread, lettuce, salad toppings, avocado, zucchini, enchilada sauce, sour dough bread, tomatoes, limes, mango, red bell pepper, avocado, cilantro

estimated cost: **\$30**

4

Hawaiian chicken tacos
Tri-tip w/side veggie
BLT pasta salad,
Greek tatziki chicken
Swedish meatballs w/rice

Milk, fruit, bread, pineapple, jalapeno, red onion, dill, green onion, coleslaw, side veggie, lettuce, 2 red bell pepper, parsley, pitas, greek yogurt, dill, lemon, cucumber, kalamata olives

estimated cost: **\$30**

5

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