

# Monthly Meal Planner

Week:

Fresh Grocery List:

**1** Homemade Chili  
Chipotle Mexican Grill Salad  
French dip sandwiches  
Baked potato bar  
Greek chicken pitas

Lettuce, red onion, 2 green bell pepper, garlic, 3 limes, chips, cilantro, onion, hoagie rolls, provolone cheese, green onions, pitas, kalamata olives, cucumbers,  
estimated cost:

**2** Tostadas  
Homemade hamburgers  
Chicken pad thai  
Taco soup  
Chicken cordon bleu slow cooker

Lettuce, avocados, buns, coleslaw mix, green onion, sprouts, sliced ham, swiss cheese  
estimated cost:

**3** **Thanksgiving**  
Black bean enchiladas  
Homemade pizzas  
One pot beef stroganoff  
-----

2 Zucchini, onion, sour cream,  
estimated cost:

**4** Tortellini soup  
Slow cooker pot roast  
Fish tacos  
Ham and cheese casserole  
Turkey avocado, & bacon grilled cheese

Sliced cabbage, green apple, sour cream, red onion, cilantro, 2 zucchini, 4 carrots, potatoes, celery, sour dough bread, avocado,  
estimated cost:

**5**  
-----  
-----  
-----

estimated cost:

Breakfast

Breakfast sandwiches, eggs & toast, yogurt & fruit, homemade muffins, cereal, bagels, burritos

Lunch

Quesadilla, rolled tacos, chicken nuggets, pb&j, sandwich wraps, leftovers,