

# Monthly Meal Planner

Week:

Fresh Grocery List:

- 1** Chicken parmesan sandwiches  
Tostadas  
Lemon tilapia & side veggie  
Coconut curry chicken  
Teriyaki pineapple chicken bowls

Milk, fruit, bread, 4 side veggies, avocado, lettuce, jalapeno, red onion, cilantro, red pepper, green pepper, pineapple

estimated cost: **\$25**

- 2** Tacos  
Chicken pot pie pasta  
Fish tacos  
Thai peanut sauce chicken  
Slow cooker pesto chicken

Milk, fruit, bread, 4 side veggies, avocados, lettuce, green apple, coleslaw mix,

estimated cost: **\$20**

- 3** Burrito bowls  
Crispy parmesan tilapia  
Thai wraps  
Hamburgers & fruit  
Homemade pizza

Milk, fruit, bread, 4 side veggies, avocados, lettuce, green onion, sourdough bread,

estimated cost: **\$25**

- 4** **Camping**  
Slow cooker greek pitas  
Homemade mac & cheese w/ sausage  
BBQ chicken tostadas  
Crunch wraps

Milk, fruit, bread, 4 side veggies, cucumber, pitas, lettuce, kalamata olives, green onion

estimated cost: **\$20**

**5**

estimated cost:

Breakfast

smoothies, 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