

Monthly Meal Planner

Week:

Fresh Grocery List:

1 **Out of town**
Out of town

Hamburgers

Fajitas

Garlic Parmesan Pork Chops w/side veggie

Milk, fruit, bread, lettuce, avocado, sour cream, potatoes, side veggie

estimated cost: **\$20**

2

Road Trip!

estimated cost:

3 Pulled Pork Sliders w/fruit (1st day of school)

Slow Cooker Tacos (honey chipotle chicken)

Slow Cooker Pesto Mozzarella Chicken

Homemade Pizza

Lemon Tilapia w/side veggie

Milk, fruit, bread, rolls, side fruit, lettuce, tortillas, avocado, salad toppings, side veggie

estimated cost: **\$25**

4 **Out of town**

Chicken Burgers

Corned Beef Tacos

Bacon Pasta

Slow Cooker Greek Chicken Pitas

Milk, fruit, bread, buns, lettuce, red onion, coleslaw mix, sour cream, asparagus, pita bread, hummus, olives, cucumber

estimated cost: **\$20**

5

estimated cost:

Breakfast

cereal, pancakes, waffles, zucchini bread, burritos, bagels, muffins, fruit + yogurt, french toast, smoothies

Lunch

lunchables, chicken nuggets, burritos, leftovers, hard boiled eggs, sandwiches, avocado egg sandwich, bagels, smoothie bowls,