

# Monthly Meal Planner

Week:

Fresh Grocery List:

**1** Tostadas  
Grilled tilapia w/avocado salsa  
Red coconut curry shrimp soup  
Chicken cacciatore  
Garlic parmesan pork chops w/side veggie

Milk, fruit, bread, lettuce, avocado, 2 red bell peppers, 2 onion, small bunch of broccoli, garlic, ginger, red pepper, lemon grass, garlic, side veggie

estimated cost: **\$25**

**2** Fajitas  
Slow cooker white chicken chili w/salad  
Pineapple chicken kabobs  
Chimi Churri chicken wings w/salad  
Mongolian beef & green beans w/cauliflower rice

Milk, fruit, bread, whole wheat tortillas, 2 bell peppers, onion, lettuce, jalapeno, garlic, lime, cilantro, salad toppings, bell peppers, onion, cilantro, lemon

estimated cost: **\$25**

**3** Homemade Pizza  
Fish taco bowls  
Chili w/salad  
Chicken & veggie black bean wraps  
Walnut crusted turkey cutlets w/side veggie

Milk, fruit, bread, coleslaw mix, green apple, mangos, avocado, red onion, cilantro, lime, homemade ranch mix, lettuce, salad toppings, onion, green bell pepper, red bell pepper, green bell pepper, avocado, red onion, side veggie,

estimated cost: **\$25**

**4** Stew  
Slow cooker paleo chicken tikka  
Pesto chicken & veggie  
Paleo lasagna  
Pulled pork southwest bell pepper nachos

Milk, fruit, bread, potatoes, carrots, green beans, onion, celery, cilantro, side veggie, 4 zucchini, mini peppers, red onion,

estimated cost: **\$25**

**5** Taco soup  
Pot roast  
Paleo Hawaiian haystacks  
Cauliflower fried rice (leftover veggies)  
Spinach & feta burger

Milk, fruit, bread, cream cheese, potatoes, carrots, onions, sliced almonds, red bell pepper, green bell pepper, carrots, pineapple, spinach, buns

estimated cost: **\$25**

Breakfast

Egg casserole, potatoes and sausage hash, spinach & egg breakfast sandwiches, veggie and bacon breakfast burritos, green smoothies

Lunch

Whole30 chicken salad, steak & cucumber salad w/buffalo cauliflower, chicken cucumber salad, whole30 taco salad