

Monthly Meal Planner

Week:

Fresh Grocery List:

- 1 Sausage & Tomato Lemon Zucchini
Paleo Lasagna
Balsamic chicken w/ rice & side veggie
Ribs w/potatoes & side veggie
Pork carnitas taco salad

Milk, fruit, bread, potatoes, 2 side veggies,
lettuce, red bell pepper, avocado,

estimated cost: **\$35**

- 2 Cheesy chicken fajita soup (2)
Sesame steak kabobs
Zucchini enchiladas
Baked potato bar
Pulled pork sandwiches w/fruit

Milk, fruit, bread, onion, 2 green bell, 2 red
bell, 1 c. heavy cream, red onion, 3 zucchini,
green onion, potatoes, buns, coleslaw mix,

estimated cost: **\$35**

- 3 **Thanksgiving!**
Homemade pizza (cousin camp)
Turkey noodle soup (2)
Orange chicken & veggie stir fry

Milk, fruit, bread, onion, carrots, celery,
parsley, stir fry veggies,

estimated cost: **\$35**

- 4 Fajitas
Spinach artichoke pasta casserole (2)
Tacos
Turkey dinner (veggie, potatoes, rolls)
Coconut chicken curry (x2)

Milk, fruit, bread, 2 bell peppers, onion,
avocado, plain yogurt, side veggie, potatoes,
red onion, jalapeno,

estimated cost: **\$35**

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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