

Monthly Meal Planner

Week:

Fresh Grocery List:

1 Beef & Broccoli Teriyaki w/Rice
Loaded Potato Soup
Ravioli Lasagna
Cilantro Lime Chicken
Teriyaki Chicken & stir fry veggies

Milk, fruit, bread, fresh veggies for stir fry,

estimated cost: **\$35**

2 Pesto Tortellini Bake
Beef and Broccoli Teriyaki
Chicken French Dip Sandwiches
Peanut Perfect Pad Thai
Baked Shrimp Scampi w/ salad

Milk, fruit, bread, sandwich rolls, havarti cheese, lettuce, salad toppings,

estimated cost: **\$35**

3 Sesame Honey Chicken Lettuce Cups
Seriously Good Chili
Maple Dijon Chicken w/rice & side veggie
Broccoli Chicken Alfredo Bake w/ salad
Fish tacos

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

estimated cost: **\$35**

4 Thai Peanut Chicken Satay
Cube Steak w/ Gravy
Zesty Tortilla Soup
Hashbrown Casserole w/fruit
Lasagna w/salad

Milk, fruit, bread, tortilla chips, avocado, cilantro, side fruit, lettuce, salad toppings

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