

# Monthly Meal Planner

Week:

Fresh Grocery List:

1 [Fajitas](#)  
[Homemade pancakes w/side fruit](#)  
[Pulled pork pitas](#)  
[Hearty Italian Soup \(F2C\)](#)  
[Stromboli X2](#)

Milk, fruit, bread, 3 bells, 1 onion, cilantro, avocado, sour cream, buttermilk, pitas, olives, cucumber, tzatziki, carrots, celery, potatoes, kale, lettuce, salad toppings,  
estimated cost: **\$35**

2 [Valentines: Tri-tip](#)  
[Pho Soup](#)  
[Ham dinner](#)  
[Sweet and Spicy pork carnitas soup X2](#)  
[Baked mac & cheese w/salad](#)

Milk, fruit, bread, asparagus, onion, ginger, limes, cilantro, matchstick carrots, cabbage, potatoes, green beans, salad toppings, lettuce, salad,  
estimated cost: **\$35**

3 [Enchiladas](#)  
[Baked ziti X2 w/salad](#)  
[Teriyaki Chicken X2 w/side veggie](#)  
[Pork chops w/side veggie](#)  
[Lemon fish w/salad](#)

Milk, fruit, bread, 1 zucchini, lettuce, 30 oz ricotta, 2 side veggie, 2 lemons  
estimated cost: **\$35**

4 [Ribs w/potatoes and side veggie](#)  
[Pulled pork tacos](#)  
[Homemade pizza X2](#)  
[Chicken pesto parmesan shells X2](#)  
[Spaghetti w/salad](#)

Milk, fruit, bread, potatoes, side veggie, coleslaw mix, lettuce, salad toppings, 2 cream cheese, zucchini,  
estimated cost: **\$35**

5 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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