

Weekly Meal

PLANNER



Meal Plan #17 - January 25 - January 30

MONDAY

Easy Meal

**Beef Ramen
Stir Fry**

TUESDAY

***Tacos or
Mexican***

**Easy
Chicken
Enchiladas**

WEDNESDAY

***Chicken,
Beef or Fish***

**Honey
Mustard
Baked
Chicken**

THURSDAY

***Italian or
Pasta***

**Italian
Chicken
Stuffed
Peppers**

FRIDAY

***Sandwiches
and Soup***

**Broccoli
Cheese
Soup**

SATURDAY

***Pizza or
Order Out***

**Mini
Margherita
Pizzas**

SUNDAY

***Comfort
Food***

**Pork Chops
with Sweet
and Sour
Glaze**

NOTES