

Weekly Meal

PLANNER



Meal Plan #21 - March 1 - March 7

MONDAY
Leftovers

Shredded
Chicken -
use this for
Monterey
Chicken and
Pasta
Recipe.

TUESDAY
*Tacos or
Mexican*

Barbabcoa
Beef Tacos

WEDNESDAY
*Chicken,
Beef or Fish*

Chicken
Meatballs
with
Zucchini
Noodles

THURSDAY
*Italian or
Pasta*

Slow Cooker
Meatballs
and
Marinara
Sauce
served over
Spaghetti

FRIDAY
*Sandwiches
and Soup*

Homemade
Alphabet
Soup with
Grilled
Cheese
Sandwiches

SATURDAY
*Pizza or
Order Out*

Homemade
Pizza made
with
Marinara
Sauce made
in the Crock
Pot.

SUNDAY
*Comfort
Food*

Pot Roast

NOTES