

Weekly Meal

PLANNER



Meal Plan #22 - March 8 - March 14

MONDAY
Beef

**Cheesy Mini
Meatloaf**

TUESDAY
Italian

**Sausage and
Peppers**

WEDNESDAY
*Chicken,
Beef or Fish*

**Italian
Breaded
Chicken
Cutlets**

THURSDAY
*Italian or
Pasta*

**Slow Cooker
Meatballs
and
Marinara
Sauce
served over
Spaghetti**

FRIDAY
*Sandwiches
and Soup*

**Instant Pot
Split Pea
Soup served
with
Homemade
Garlic Bread**

SATURDAY
*Pizza or
Order Out*

**Homemade
Pizza with
Freezer
Friendly
Pizza Dough
Recipe**

SUNDAY
*Comfort
Food*

**Cheesy
Crustless
Chicken Pot
Pie**

NOTES

