

Weekly Meal

PLANNER



Meal Plan #24 - March 22 - March 28

MONDAY
Meatless
Meal

Spaghetti
Squash
Burrito
Bowls

TUESDAY
Italian

Crock Pot
Salsa
Chicken

WEDNESDAY
Chicken,
Beef or Fish

Filet Mignon

THURSDAY
Italian or
Pasta

Lemon
butter
Salmon with
Pasta

FRIDAY
Sandwiches
and Soup
Homemade
Broccoli
Cheese
Soup with
Garlic Bread
30 Minute
Meal!

SATURDAY
Pizza or
Order Out
Cast Iron
Pan Pizza

SUNDAY
Comfort
Food
Lasagna for
Two

NOTES

