

Weekly Meal

PLANNER



Meal Plan #29 - May 10 - May 16

MONDAY
Meatless
Meal

**Lentils and
Rice**

TUESDAY
Mexican

**Three Bean
Enchilada
Casserole**

WEDNESDAY
*Chicken,
Beef or Fish*

**Turkey and
Cheese
Crescent
Roll Ups**

THURSDAY
*Italian or
Pasta*

**3 Ingredient
Fettucine
Alfredo**

FRIDAY
*Sandwiches
and Soup*
**Broccoli
Cheese
Soup**

SATURDAY
*Pizza or
Order Out*
Naan Pizza

SUNDAY
*Comfort
Food*
**Chicken
with Gravy**

NOTES

