

# Weekly Meal Planner

SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER

## BREAKFAST

- hot cereal
  - oatmeal
  - cream of wheat
- granola
- muffins
  - berry
  - pumpkin
  - apple banana
- breakfast sandwich or toast and eggs
  - biscuit
  - English muffin
  - bagel
  - bread
- pancakes/ waffles

## LUNCH

- leftovers
- sandwich
- nachos
- pasta
- pizza
- fried rice
- cheese and crackers/  
charcuterie
- quesadilla

## DINNER

- meat and potatoes
  - mashed
  - baked
  - fries
  - hashed
- taco/ burrito
  - chicken
  - beef
  - pork
- salad
- soup
  - stew
  - creamy
  - pureed
  - ramen/noodle
  - chili
- pizza
- sheet pan dinners
- casseroles
- rice
  - curry
    - lentil
    - paneer
    - chicken
  - stir fry
    - bulgogi
    - orange chicken
    - sweet and sour chicken
    - teriyaki
- pasta
  - cream sauce
  - tomato sauce
  - other veggie based sauce
- sandwich
  - burger
  - pita
  - sub
  - grilled

**BEGIN MEAL PLANNING DINNERS BY CHOOSING A CATEGORY FOR EACH DAY. YOU MAY CHOOSE A SPECIFIC MEAL, OR WAIT UNTIL YOU SHOP THE DEALS FOR THE WEEK AND FIND A MEAL IN EACH CATEGORY THAT USES THE INGREDIENTS YOU BOUGHT. FILL IN LUNCHES PLANNING WAYS TO USE INGREDIENTS LEFT OVER FROM DINNER THE NIGHT BEFORE.**

**CHOOSE 2-3 BREAKFAST YOU WOULD LIKE FOR THE WEEK AND PLAN TIME TO MEAL PREP ANYTHING THAT NEEDS TO BE MADE AHEAD OF TIME.**