



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Chicken Tenders Roasted Sweet Potatoes Wilted Spinach	2 Zucchini Noodles with Roasted Tomatoes and Pesto	3 Turkey Tacos	4 Leftovers	5 Chicken Caesar Salad Wraps	6 BBQ Meatloaf Baked Potatoes Corn	7 Chicken, Broccoli and Rice Casserole
8 CrockPot Spaghetti Sauce	9 Grilled Cheese and Tomato Soup	10 Simple Stir Fry with Rice	11 Leftovers	12 Sloppy Joes Oven Baked French Fries Corn	13 English Muffin Pizzas Salad	14 CrockPot Beef Stew
15 Vegan Chili	16 Baked Ziti Salad	17 Asian Lettuce Wraps	18 Leftovers	19 Breakfast For Dinner! Bacon and Eggs	20 Homemade Chicken Nuggets Sweet Potato Fries Peas	21 Ratatouille
22 Roasted Chicken Mashed Potatoes Glazed Carrots	23 Mac and Cheese Salad	24 Chicken Enchiladas Mexican Street Corn	25 Leftovers	26 CrockPot Beef and Broccoli with Rice	27 Pizza Pasta Bake Green Beans	28 Shepherd's Pie
29 Chicken Parmesan Casserole Salad	30 Egg Fried Rice	31 Chicken Spinach Salad				