

DATES		MONTHLY DINNER MEAL PLAN			
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY supper	Chicken Parmesan Hoagie Sandwich Kettle Potato Chips Caesar Salad	Dinner Out	Steak and Potatoes with Herb Sauce Arugula & Spinach Salad	Shrimp and Grits Wilted Spinach	Fried Oyster Loaf Sandwich Roasted Potatoes Sauteed Green Beans
Meatless MONDAY	Vegetable Lasagna Side Salad	Creamy Zucchini Pasta Sauteed Shrimp	Air Fryer Salmon Baked Potato Air Fryer Okra	Salt and Pepper Cod Turmeric Noodles	Golden Paneer (Spinach Curry) Coconut Rice Chopped Salad
Taco TUESDAY	Chicken Tortilla Soup	Burrito Bowls	Crockpot Chipotle Pot Roast Tacos Avocado Cucumber Salad Recipe (Freeze leftover meat)	Crispy Cheesy Chicken Tacos Avocado Ranch Salad	Leftovers (From Freezer) Crockpot Chipotle Pot Roast Tacos Avocado Cucumber Salad Recipe
Winner Chicken WED	Halal Cart-Style Chicken and Rice	Baked Chicken Thighs Rice Pilaf Roasted Zucchini Onions & Cauliflower	Chicken Pot Pie Roasted Carrots	Buttermilk Roasted Chicken Roast Potatoes Cucumber Salad	Chicken and Leek Pie Arugula & Spinach Salad
Throw together THURSDAY	Sausage Tortellini Soup Caesar Salad	Spicy Salmon Bowls	Leftovers	Vietnamese Tuna & Fried Egg Banh Mi Vietnamese Inspired Cucumber Salad	Leftover Chicken and Leek Pie
Fun FRIDAY	Tomato Soup and Grilled Cheese	Homemade Pizza Cucumber Tomato Onion Salad	Great Northern Beans Italian Sausage Kale	Grilled Hot Dogs Frozen French Fries Broccoli Salad	Just Bare Chicken Nuggets Frozen Waffle Fries Kale Salad
Something SATURDAY	Leftovers	Leftovers	Pulled Pork Sandwiches Caesar Salad Mac and Cheese	Smoked Wings Air Fryer Potatoes Salad	Big Shells with Spicy Lamb Sausage and Pistachios

Meal Planning by [@PinchPlateParty](#)