

MEAL PLANNING

DATE: _____

The Resourceful Mama	MAIN DISH	SIDE	SIDE	SIDE	OTHER
SUNDAY	Chicken Parmesan	Spaghetti	Tossed Salad	Garlic Bread	
MONDAY	Sloppy Joes	French Fries	Peas	Fruit Salad	
TUESDAY	Shake N Bake Pork Chops	Twice Baked Potatoes	Green Beans	Broccoli Salad	
WEDNESDAY	Tacos	Refried Beans	Mexican Tomato & Corn Salad		
THURSDAY	BBQ Chicken Kebabs	Potato Salad	Corn on Cob	Strawberries	
FRIDAY	Shrimp Scampi	Roasted Potatoes	Steamed Broccoli		
SATURDAY	Turkey Cutlets	Mashed Potatoes	Microwave Fresh Asparagus	Rolls	