

MEAL PLANNING

DATE: _____

The Resourceful Mama Week #7	MAIN DISH	SIDE	SIDE	SIDE	OTHER
SUNDAY	Lasagna	Tossed Salad	Garlic Bread		
MONDAY	Pulled Pork	French Fries	Veggies & ranch dip	Fruit Salad	
TUESDAY	Slow Cocker Barbecue Chicken	Roasted Sweet Potatoes	Corn on Cob	Cucumber Salad	
WEDNESDAY	Shrimp Fettucine Alfredo	Steamed Broccoli	Breadsticks		
THURSDAY	Chicken Noodle Soup	Grilled Cheese Sandwiches	Grapes & Apple Slices		
FRIDAY	Pizza	Tossed Salad	Mandarin Oranges		
SATURDAY	Pork Tenderloin	Mashed Potatoes	Green Beans	Rolls	