

# MEAL PLANNING

DATE: \_\_\_\_\_

<i>The Resourceful Mama</i> Week #8	MAIN DISH	SIDE	SIDE	SIDE	OTHER
SUNDAY	Smoked Brisket	Potato Salad	Baked Beans	Texas Toast	
MONDAY	Enchiladas	Refried Beans	Chips & Salsa		
TUESDAY	Chopped Beef Sandwiches	Chips	Broccoli Salad Carrot Sticks	Strawberries	
WEDNESDAY	Chicken & Pepper Stir Fry	Steamed Rice	Pineapple		
THURSDAY	Slow Cocker Cola Chicken	French Fries	Green Beans	Pears	
FRIDAY	Spaghetti & Meatballs	Caesar Salad	Breadsticks		
SATURDAY	Grilled Sausage	Corn on Cob	Coleslaw	Strawberries	