

# MEAL PLANNING

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

<i>The Resourceful Mama</i> Week #6	MAIN DISH	SIDE	SIDE	SIDE	OTHER
SUNDAY	Chicken Marsala	Mashed Potatoes	Steamed Asparagus		
MONDAY	Cheeseburgers	Potato Salad	Carrot Sticks	Grapes	
TUESDAY	Grilled Pork Chops	Buttered Noodles	Corn on Cob	Applesauce	
WEDNESDAY	Asian Tilapia & Veggie Foil Packets	Steamed Rice	Pears		(Found in May Rachel Ray Magazine-recipe calls for flounder but we have tilapia)
THURSDAY	Lasagna	Caesar Salad	Garlic Bread		
FRIDAY	Meatloaf	Sweet Potatoes	Green Beans	Mandarin Oranges	
SATURDAY	Pot Roast	Roasted Potatoes	Roasted Carrots	Rolls	Great for slow cooker