

MEAL PLANNING

DATE: _____

The Resourceful Mama Week #12	MAIN DISH	SIDE	SIDE	SIDE	OTHER
SUNDAY	Grilled Honey Mustard Chicken	Green Bean & Potato Salad	Fresh Fruit		
MONDAY	Grilled Hamburgers	Baked Beans	Chips	Fresh Fruit	
TUESDAY	Teriyaki Chicken Meatballs	Hibachi Noodles	Steamed Broccoli	Pineapple	
WEDNESDAY	Beef Taco Bake	Corn	Peaches		
THURSDAY	Open Faced Turkey Sandwich	Mashed Potatoes	Green Beans		
FRIDAY	Chicken Parmigiana	Spaghetti	Tossed Salad	Garlic Bread	
SATURDAY	Beef Kabobs w/ mushrooms, red onion & bell peppers	Baked Potato	Fresh Fruit		