

MEAL PLANNING

DATE: _____

The Resourceful Mama Week #14	MAIN DISH	SIDE	SIDE	SIDE	OTHER
SUNDAY	Grilled Shrimp	Steamed Rice	Broccoli Salad		
MONDAY	Ham Steak	Pasta Salad	Fresh Fruit		
TUESDAY	Grilled Brats	Potato Salad	Baked Beans	Fresh Fruit	
WEDNESDAY	Egg Salad Sandwiches	Carrot Sticks	Apple Slices	Chips	
THURSDAY	Tacos	Corn	Chips & Salsa		
FRIDAY	BBQ Chicken Kebabs	Coleslaw	Green Beans	Fresh Fruit	
SATURDAY	Smoked Chicken	Mashed Potatoes	Corn on Cob	Fresh Fruit	