

4 WEEK DINNER MEAL PLAN

FALL/WINTER

WEEK 1		WEEK 2		WEEK 3		WEEK 4	
Saturday				Saturday			
<u>Egg Roll in a Bowl</u>		<u>Shrimp Paella</u>		<u>Fish Cakes</u>		<u>Chicken & Kale Fried Rice</u>	
				<u>Diced Potatoes</u>			
				<u>Green Beans</u>			
Sunday				Sunday			
<u>Whole Chicken</u>		<u>Roast Beef w/Potatoes</u>		<u>MBR Chicken Thighs</u>		<u>Turkey Meatloaf</u>	
<u>Cajun Potatoes</u>		<u>Carrots & Broccoli</u>		<u>Smashed Potatoes</u>		<u>Rice Pilaf</u>	
<u>Carrots & Broccoli</u>				<u>Carrots & Broccoli</u>		<u>Cauliflower & Chickpeas</u>	
Monday				Monday			
<u>Szechuan Noodles</u>		<u>Chicken Penne Florentine</u>		<u>Steak Rotini Stir Fry</u>		<u>Thai Curry Chicken Noodles</u>	
Tuesday				Tuesday			
<u>Chicken Noodle Soup</u>		<u>Carrot Soup</u>		<u>Italian Wedding Soup</u>		<u>Jambalaya Soup</u>	
		Chicken Wings or Sandwiches					
Wednesday				Wednesday			
<u>Crab Cakes</u>		<u>Turkey Meatballs</u>		<u>Curry Salmon Rice</u>		<u>Korean Beef</u>	
Rice		Rice		<u>Mandarin Salad</u>		Salad	
<u>Green Beans</u>		<u>Kale Salad</u>					
Thursday				Thursday			
<u>Mediterranean Bowl</u>		<u>Buddha Bowl</u>		<u>Beef Bowlrito</u>		<u>Salmon Bowl</u>	
Friday				Friday			
<u>Fish Tacos</u>		<u>Fajitas</u>		<u>Lettuce Wraps</u>		<u>Stuffed Peppers</u>	
						Salad	