

weekly Menu Planner 1

*Breakfasts added in green

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Greek Yogurt w/Honey, Granola & Fruit	Scrambled Eggs & WW Toast	Fried Eggs & WW Biscuits w/Honey	Sausages & Oatmeal	Scrambled Eggs & WW Toast	Cold Cereal or Granola	Cinnamon Rolls & Bacon

Entrees:

Elk roast
Steaks (fried or grilled)
WW Biscuits and Elk Sausage Gravy
Chicken & Brown Rice
Rice & Beans w/Ham Chunks
Cobb Salad
WW Venison Burritos
Stirfry
Baked Ham or Turkey
WW Multigrain Pancakes w/Maple Syrup & Eggs
Chicken Quesadillas w/WW Tortillas
Black Bean & Cheese Quesadillas w/WW Tortillas

Sides:

WW Macaroni & Cheese
Sautéed Frozen Green Beans
Potatoes (baked, fried, or mashed)
Sweet/White Potato Baked Fries
Fresh Garden Salad
Mexican Rice
Frozen Mixed Veggies
Roasted Vegetables
Freezer Corn
Kefir
WW Biscuits (plain or cheddar)
Sautéed Fresh Vegetables

Snacks:

Fresh Fruit
Popcorn
Lara Bars
Olives
Dark Chocolate
Nuts
Kefir
Plain Greek Yogurt w/Honey
Apples & Peanut Butter
Raisins & Sunflower Seeds
Dried Cherries, Blueberries & Pineapple
WW Banana Bread

School Lunches: Main dish of leftovers, elk smokies, sandwiches on ww bread, or ww wraps. Add in fruit, strawberry cups, 2 chocolates each, popcorn, nuts, olives, cheese, and larabars (or items from snack list).