

weekly Menu Planner 2

*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:

Meatloaf
Crockpot Creamy WW Spaghetti
Sloppy Joes on WW Buns
Grilled Pork Chops
Japanese Chicken
French Dip Sandwiches on Sourdough Buns
WW Pizza Casserole
Fried Rice with Meat/Veggies (use cold Brown Rice)
Wet Burritos (WW, Sour Crm & Yogurt)
Taco Grande w/Corn Tortillas
Pineapple Chicken over Brown Rice
Ganaches over Fried Corn Tortillas

Sides:

WW Macaroni & Cheese
Sautéed Frozen Green Beans
Potatoes (baked, fried, or mashed)
Sweet/White Potato Baked Fries
Fresh Garden Salad
Fried Rice
Frozen Mixed Veggies
Oven Roasted Vegetables
Freezer Corn
Duo Scalloped Potatoes
Baked Corn
Sautéed Mushrooms/Asparagus

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).