

A WEEK OF DINNERS

INSPIRATION

MONDAY

Notes -

Protein-

Grain-

Veg-

Fruit-

Dairy-

TUESDAY

Notes -

Protein-

Grain-

Veg-

Fruit-

Dairy-

WEDNESDAY

Notes -

Protein-

Grain-

Veg-

Fruit-

Dairy-

THURSDAY

Notes -

Protein-

Grain-

Veg-

Fruit-

Dairy-

FRIDAY

Notes -

Protein-

Grain-

Veg-

Fruit-

Dairy-

SATURDAY

Notes -

Protein-

Grain-

Veg-

Fruit-

Dairy-

SUNDAY

Notes -

Protein-

Grain-

Veg-

Fruit-

Dairy-

INVENTORY LIST

PROTEIN

GRAIN

VEG

FRUIT

DAIRY

A WEEK OF DINNERS

INSPIRATION

Cookbooks in closet
Last month's meal plan
A sandwich option

MONDAY

Bean and cheese burritos

Recipe location: N/A

Protein- Canned refried beans

Grain- Tortilla

Veg- Lettuce & tomato

Fruit- Canned peaches

Dairy- Cheese

TUESDAY

Spaghetti & meat sauce

Recipe location: Plan to Eat

Protein- Ground beef

Grain- Spaghetti noodles

Veg- Side salad

Fruit- Apple slices

Dairy-

WEDNESDAY

Creamy Polenta with Chicken

Recipe location: The Baby & Toddler Cookbook

Protein- Chicken breast

Grain- Polenta

Veg- Frozen broccoli

Fruit- Applesauce

Dairy- Milk in polenta

THURSDAY

Pesto mozzarella sandwiches

Recipe location: N/A

Protein-

Grain- Whole wheat ciabatta

Veg- Lettuce, roasted red pepper, tomato

Fruit- Cutie orange

Dairy- Mozzarella

FRIDAY

Turkey taco salad

Recipe location: Plan to Eat

Protein- Ground turkey

Grain- Chips in salad

Veg- Lettuce, tomato

Fruit- Apple slices

Dairy- Cheese in salad

SATURDAY

Sheet pan Korean chicken & veg

Recipe location: Plan to Eat

Protein- Chicken breast

Grain- Brown rice

Veg- Broccoli & carrots

Fruit- Cutie orange

Dairy-

SUNDAY

Easy Indian Curry & Naan

Recipe location: Plan to Eat

Protein- Beans

Grain- Naan bread

Veg- Peas

Fruit- Mango (defrosted)

Dairy-