

MEAL PLAN

	1	Barley Soup		17	Steaks, Brussel Sprouts, & Baked Potatoes
	2	Leftovers		18	Quiche
	3	Chili		19	Salad
	4	Chicken Breasts, Asparagus, Quinoa		20	Curry Quinoa and Chicken
	5	Salad		21	Leftovers
	6	Chicken Noodle Soup (T)		22	Vegetable Soup
	7	Leftovers		23	Wheat Stroganoff
	8	Brown Rice & Teriyaki Chicken with peppers and pineapple		24	BBQ Chicken, Corn, & Sweet Potatoes
	9	Homemade Pizza		25	Spaghetti Squash (use frozen sauce)
	10	Tacos		26	Salad
	11	Baked Potatoes, Cheese Sauce, Bacon, & Broccoli		27	Quinoa Chicken Chili (T)
	12	Salad		28	Leftovers
	13	Spaghetti (Make double sauce and freeze)		29	Chicken Broccoli Alfredo
	14	Leftovers		30	Meat Loaf, Mashed Potatoes, Corn
	15	Chicken Enchiladas (T)		31	Chicken Stir-fry
	16	Hawaiian Chicken & Coconut Rice			