

One Month of Meals

WK	For Month of:	Meal Type + Prep Plan	Shopping List + Notes
1	S Shabbat leftovers or Pizza		
	M carrot parsnip soup and kale parmesan salad	prep Sunday	
	T meatballs with basil tomato sauce	Beef Requires time	basil, crushed tomatoes, ground beef
	W baked potatoes w toppings	Veg Q & E	fake meat, sour cream, shredded cheese, greens (cooked spinach)
	T tuna melts, salad	Fish Q & E	fresh bagels
2	S Shabbat leftovers or Pizza		
	M grilled chicken with salad and quinoa	Chicken	use shabbat leftovers
	T chicken stir fry over rice	Chicken Req. time	
	W mile high enchilada pie w spinach salad	Slow Cooker	set up in morning
	T bbq tofu and rice with steamed veggies	Veg. + rice Cooker	marinate in morning + set up rice cooker
3	S Shabbat leftovers or Pizza		
	M spinach lasagna	Veg	assemble Sunday
	T salmon croquettes with baked potato	Fish Req. time	wash potatoes in morning
	W hamburgers on the grill w cabbage salad	Meat	
	T grilled chicken breast over salad	Chicken Q & E	
4	S Shabbat leftovers or Pizza		
	M make your own Taco night	Veg	soft burrito wraps, lettuce, tomatoes, sour cream, olives
	T Dan's bangers and mash	Veg	fake sausage with parsnip mash and onion gravy
	W chicken fajitas w over rice	Chicken	peppers onions and mushroom
	T Vegetable Soup w salmon	Fish	