

# Meal Plan

WEEK OF:

Dinner Themes:

MONDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

TUESDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

WEDNESDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

THURSDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

FRIDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

SATURDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

SUNDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

NOTES

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# Dinner Theme

IDEAS

- Pasta Night
- Breakfast for Dinner
- Soup Night
- Salad Night
- Chicken Night
- Pork Night
- Steak Night
- Sheet Pan Dinners
- Taco Tuesday
- Slow cooker night
- Pressure Cooker Night
- Take Out Fake Out
- International Cuisine
- Rotisserie Chicken Night
- Meatball Night
- Casserole Night
- Stir Fry Night
- Pizza Night
- Burger Night
- Meatball Night
- Meatless Monday

## Notes

