

TWO WEEK MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK
M			Crock Pot Maid-Rites w/Broccoli Almond Chopped Salad	
T			Mushroom, Bacon & Swiss Macaroni and Cheese w/leftover Broccoli Salad	
W			One Pot Beef Lo Mein	
R			Baked Chicken Ranch Tacos w/Refried Beans and Chips	
F			Sassy Tailgate Sandwiches w/veggies and dip	
S			Baked Sweet & Sour Chicken w/rice and steamed broccoli	
S			Cheesy Ham & Cauliflower Soup w/bread	
M			Leftover Cheesy Ham & Cauliflower Soup w/bread	
T			Chopped B.L.T. Caesar Salad	
W			Whole Wheat Taco Rotini Skillet w/salad	(marinade chicken for Thurs)
T			Grilled Greek Chicken w/Oven Crispy Sweet Potato Fries, and fruit	
F			Beef & Potato Burritos w/leftover refried beans and chips	
S			Leftover Beef & Potato Burritos w/fruit	
S			Hash Brown Crusted Spinach & Egg Quiche w/spinach salad	