

2 Week Menu Plan

Saturday ~ Pork Carnitas w/ Rice

Sunday ~ Chicken, Bacon + Ranch w/
Broccoli

Monday ~ Hamburgers with Fries or Salad

Tuesday ~ Crispy Chicken with Rice, Beans

Wednesday ~ Spaghetti with Ground Beef or
Turkey and Salad

Thursday ~ Chicken Alfredo Pasta with
Peas

Friday ~ Pizza with Fruit

Saturday ~ Chicken Fajitas

Sunday ~ Crockpot Lasagna with Salad

Monday ~ Buffalo Chicken Wraps with Fries or
Fruit

Tuesday ~ Quesadillas with Rice

Wednesday ~ BBQ Meatloaf with Mac + Cheese

Thursday ~ Spaghetti with Ground Beef or Turkey
and Salad

Friday ~ Breakfast for Dinner