

# Meal Planning

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# Meal Planning

## EXAMPLE

### Chicken

- Bacon Parm Fried Chicken
- Pesto Pasta With Chicken
- Garlic Chicken Thighs - CP
- Chicken Pesto Bake
- Chicken Cordon Bleu
- Butter Chicken - CP

### Italian

- Spaghetti & Chicken Parm.
- Lasagna
- Baked Ziti
- Meatball/Ravioli Casserole
- Parmesan Chicken Casserole - CP
- Stuffed Meatballs
- Veal
- Pesto Mozzarella Pasta - CP

### Pork & Other

- Italian Pork Chops - CP
- Chicken Fried Steak
- Pork Tenderloin
- Fish / Popcorn Shrimp
- BBQ Pork Shoulder
- Ribs
- Pork Butt
- Parmesan Pork Chops

### Mexican

- Tacos
- Cheesy Taco Pork Chops - CP
- Enchiladas
- Tacos
- Taco Hamburger Casserole - CP
- Taco Crescent Ring

### Beef

- Meatloaf
- Sloppy Joes/ Cups
- Salisbury Steak

### Simple

- Sausage & Mac & Cheese
- Pizza
- Chicken & Mac & Cheese
- Hot Dogs
- Brats
- Corn Dogs
- Breakfast For Dinner

### Grill

- Steak
- Hamburgers