

MONTHLY DINNER PLAN

M O N T H: May 2024

freezer meals prepped and delivered.

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SUNDA	v —		v	THESDA	v	— W E D N E S D	· ^ V=	T	^ V -	▼ - FRIDAY	/	→ S A T U R D	^ V -
Sunday Dinner		Orange Chicken + Rice		Sausage Penne + Pasta		YOUR CHOICE	, A 1	Orange Chicken Wontons	A 1 -	Sausage Penne Piz		Date Night	
WEEK 2													
Sunday Dinner		Chicken Enchilada Soup		YOUR CHOICE		Parmesan Honey Por Roast + Potatoes		Cheesebui er Mac	rg-	Parmesan Honey Por Roast Sandwiche	k	Date Night	
WEEK 3													
Sunday Dinner		BBQ Chicken Sandwiche	S	Mongolian Beef Stir-Fi + Rice	ry	BBQ Chicken Cobb Salad	d	YOUR CHOICE		Mongolian Beef Spring Rolls	g	Date Night	
WEEK 4													
Sunday Dinner		Chicken Fajita Taco	S	Crack Chicken Croissant Squares		Breakfast Casserole		Chicken Fajita Rice Bowl		YOUR CHOICE		Date Night	
NOTES													

FREEZER MEALS

- BBQ Chicken
- Chicken Enchilada Soup
- Chicken Fajitas
- Crack Chicken
- Orange Chicken

- Breakfast Casserole
- Sausage Penne
- Parmesan Honey Pork Roast
- Cheeseburger Mac
- Mongolian Beef Stir-Fry

This menu plan is based off of ordering a set of meals larger than you need and using leftovers to make a second meal. If you order a size that feeds your family one night, choose a variation you want to use!