

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	BBQ Chicken Sandwiches	Mongolian Beef Stir-Fry	BBQ Chicken Mac n' Cheese	YOUR CHOICE	Parmesan Honey Pork Roast	Date Night

DAY 1

Family Dinner

NOTES

SHOPPING LIST

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DAY 2

BBQ Chicken Sandwiches

NOTES

Prepare BBQ Chicken according to package. Serve inside rolls topped with coleslaw (optional). Serve with a side of potato salad (homemade or store-bought) and chips or fries.

* Save 1 1/2 cups chicken for Wednesday (Day 4) meal.

SHOPPING LIST

- Rolls
- Coleslaw (optional)
- Chips or Fries
- Potato Salad
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DAY 3

Mongolian Beef Stir-Fry

NOTES

Prepare Mongolian Beef Stir-Fry according to package. Serve over rice noodles with a side of potstickers. Save leftovers for lunches.

SHOPPING LIST

- Rice Noodles
- Potstickers
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DAY 4

BBQ Chicken Mac n' Cheese

SHOPPING LIST

- Pasta (style of choice)
- Chicken Bouillon
- Heavy Cream
- Cream Cheese
- Cheddar Cheese
- Mozzarella Cheese
- Pepper
- Cornbread

NOTES

Using Monday's (Day 2) leftover BBQ Chicken, follow the recipe for BBQ Chicken Mac n' Cheese on our website > our meals > BBQ Chicken. Serve with a side of cornbread.

* Chicken Bouillon will be added to water to create your chicken broth. Heavy cream can be replaced with milk of your choice for a lower fat option.

DAY 5

YOUR CHOICE

SHOPPING LIST

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DAY 6

Parmesan Honey Pork Roast

SHOPPING LIST

- Rolls
- Mashed Potatoes
- Broccoli + Ranch
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NOTES

Prepare Parmesan Honey Pork Roast according to package. Serve with a side of rolls, mashed potatoes, and steamed broccoli.

* Broccoli can be substituted for a vegetable of your choice.

DAY 7

Date Night

SHOPPING LIST

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