

freezer meals prepped and delivered.

## WEEKLY DINNER PLAN

WEEK: 4

SUNDAY —	<b></b> M O N D A Y <b></b>	<b>→</b> T U E S D A Y <b>←</b>	<b>→</b> W F D N	ESDAY-	<del>-</del> THURSDAY <del>-</del>	F R I D A Y	<del></del> S A T U R D A Y <del></del>
Sunday Dinner	Sausage Alfredo + Pasta	Chicken & Stuffing + Rice	Taco		Chicken & Stuffing Thanksgivi- ng Pizza	YOUR CHOICE	Date Night
г D А Y 1 — — — — — — — — — — — — — — — — — —					ES		
Sunday Dinner							
SHOPPING LIST							
Sausage Alfredo + Pasta				NOTES Prepare Sausage Alfredo according to package. Serve over cooked pasta with a side salad and garlic bread.			
Pasta Salad Mix Garlic Bread					rdering a size of r		your leftovers
Chicken & Stuffing + Rice				NOTES Prepare Chicken & Stuffing according to package.  Serve over rice with dinner rolls and a vegetable of choice on the side.			
Rice Vegetable of Choice Dinner Rolls				* If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Chicken & Stuffing and save for Thursday's (day 5) dinner.			

<b>D</b> A Y 4	NOTES  Dropper Topo Man according to pooked Corve with			
Taco Mac	Prepare Taco Mac according to package. Serve with a side salad.			
SHOPPING LIST  Salad Mix  -	* If ordering a size of meal larger, save your leftovers for lunches throughout the week.			
Chicken & Stuffing Pizza	NOTES Using leftover Chicken & Stuffing, follow our recipe on our website > Our Meals > Chicken & Stuffing for the			
Pizza Crust Brown Gravy Mozzarella Cheese Instant Mashed Potatoes Colby Jack Cheese	Thanksgiving Pizza.			
YOUR CHOICE	NOTES			
SHOPPING LIST				
DAY 7 ———————————————————————————————————	NOTES			
SHOPPING LIST				