

# MEAL PLAN

<b>1</b>	Barley Soup	<b>17</b>	Steaks, Brussel Sprouts, & Baked Potatoes
<b>2</b>	Leftovers	<b>18</b>	Quiche
<b>3</b>	Chili	<b>19</b>	Salad
<b>4</b>	Chicken Breasts, Asparagus, Quinoa	<b>20</b>	Curry Quinoa and Chicken
<b>5</b>	Salad	<b>21</b>	Leftovers
<b>6</b>	Chicken Noodle Soup (T)	<b>22</b>	Vegetable Soup
<b>7</b>	Leftovers	<b>23</b>	Wheat Stroganoff
<b>8</b>	Brown Rice & Teriyaki Chicken with peppers and pineapple	<b>24</b>	BBQ Chicken, Corn, & Sweet Potatoes
<b>9</b>	Homemade Pizza	<b>25</b>	Spaghetti Squash (use frozen sauce)
<b>10</b>	Tacos	<b>26</b>	Salad
<b>11</b>	Baked Potatoes, Cheese Sauce, Bacon, & Broccoli	<b>27</b>	Quinoa Chicken Chili (T)
<b>12</b>	Salad	<b>28</b>	Leftovers
<b>13</b>	Spaghetti (Make double sauce and freeze)	<b>29</b>	Chicken Broccoli Alfredo
<b>14</b>	Leftovers	<b>30</b>	Meat Loaf, Mashed Potatoes, Corn
<b>15</b>	Chicken Enchiladas (T)	<b>31</b>	Chicken Stir-fry
<b>16</b>	Hawaiian Chicken & Coconut Rice		