

Week 3

Church Planter's Wife

Meal plan for the week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Bar/Juice	Cereal/Juice	Bar/Juice	Cereal/Juice	Bar/Juice	Cereal/Juice	Bar/Juice
Snack 1	Church	Fruit with milk/yogurt	Fruit with milk/yogurt	Fruit with milk/yogurt	Fruit with milk/yogurt	Fruit with milk/yogurt	Fruit with milk/yogurt
Lunch	Leftovers/fellowship snack	Chicken nuggets, fries, vegetable	Sandwich, vegetable, chips	Left overs	Frozen pizza/ vegetable	Hot dog, mac n cheese, vegetable	Breakfast casserole: veggie lovers
Snack 2		Crackers with water	Trail mix with water	Crackers with water	Trail mix with water	Crackers with water	Popcorn with water
Dinner	Make your own dinner night	Enchiladas, salad	Slow cooker stuffed pepper soup	Lemon broccoli pasta	Chicken pot pie	Eat Out/Chef's Choice	Cheater Chicken Parm, salad, bread

Shopping List

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Week 4

Church Planter's Wife

Meal plan for the week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Bar/Juice	Cereal/Juice	Bar/Juice	Cereal/Juice	Bar/Juice	Cereal/Juice	Bar/Juice
Snack 1	Church	Fruit with milk/yogurt	Fruit with milk/yogurt	Fruit with milk/yogurt	Fruit with milk/yogurt	Fruit with milk/yogurt	Fruit with milk/yogurt
Lunch	Leftovers/fellowship snack	Chicken nuggets, fries, vegetable	Sandwich, vegetable, chips	Left overs	Frozen pizza/ vegetable	Hot dog, mac n cheese, vegetable	Waffles, eggs, sausage, fruit
Snack 2		Crackers with water	Trail mix with water	Crackers with water	Trail mix with water	Crackers with water	Popcorn with water
Dinner	Make your own dinner night	Avocado chicken salad on hard roll or tortilla, vegetable	Slow cooker: Chicken soup	Smoked sausage, pepper, and onion pasta and salad	Chicken/beef and broccoli stirfry with rice	Eat Out/Chef's Choice	Slow cooker garlic chicken with potatoes and veggies

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