

Spring & Summer *Dinner* Themes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Crockpot	Italian	Fish	BBQ	Main dish salad	New Recipe	Grill Out
Week 2	Pizza	Meatless Monday	Mexican	Fish	Crockpot	Main dish meat	Dinner Out or Grill Out

Fall & Winter *Dinner* Themes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Soup or Chili	Italian	Fish	Crockpot	BBQ	New Recipe	Main dish meat
Week 2	Pizza	Mexican	Soup or Chili	Fish	Crockpot	Main dish meat	Dinner Out

Spring & Summer *Dinner* Themes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							

Fall & Winter *Dinner* Themes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							

Monthly *Meal* Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday