## Week 2













_	Sunday	7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Family dinner	Lav	vnmower Tacos	Apricot BBQ chicken wings	Beenie Weenies	Cashew Chicken	Pantry Chili	You are on your own!
	Ideas: Roast, Meatloaf	Tac	o Rice	Roasted Potatoes	Skillet Green Beans	Rice	Cornbread	
	Pork Roast, Ham,		ck bean and corn xican salad	Brown Sugar Carrots		Stir Fry Vegetables		
	Pizza							

BREAKFAST IDEAS

**Yogurt Parfait** 

Fruit on the bottom Yogurt

Granola

DINNER

Cottage cheese with jam Cottage cheese with blueberries, sliced almonds, and honey

Breakfast burrito

**Breakfast Sandwich** 

Other ideas 1

Other ideas 2

LUNCH IDEAS

**Leftovers** 

Salad

**Snack Plates** 

Soup

SHOPPING LIST