

MEAL PLANNING PROMPTS

Week 1
Burger
Pasta
Chicken
Soup
Asian
Vegetarian
Date Night

Week 2
Bowl
Tacos
Casserole
Fish Dish
Pizza
Hearty Salad
Curry

Week 3
Quesidillas
Beef
Rice Dish
Greek
Breakfast
Sheet pan dinner
Savory Pie

Week 4
Quinoa
Italian
Crock Pot
Shrimp
Sandwich
Kids Pick
Lasagna

EXAMPLES

Week 1 Example
Salmon Burger and yam fries
Carbonara
Roasted Chicken
Mushroom soup and grilled cheese
Gyoza and Asian style veggies
Cauliflower tacos
Steak, garlic mashed potatoes, brussels sprouts

Week 3 Example
Eggroll in a bowl
Classic Beef tacos
Sheperds pie
Fish and chips with coleslaw
Pear prosutto pizza
Santa fe chicken salad
Chickpea Masala

Week 4 Example
Black bean quesidillas
Beef and broccoli stir fry
Poke Bowl
Falafels, Greek salad and lemon potatoes
Scramble bowls
Sausages, root veggies and potatoes
Chicken pot pie

Week 5 Example
Greek Quinoa Salad
Gnocci
Chipotle chicken tacos
Shrimp rice bowls
Pulled mushroom sandwich and tomato soup
Peperoni Pizza
Lasagna Soup