

MealPlan

Feed The Family of 4-6: \$95 For A Week
(Details at mediumsizedfamily.com)

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	OATMEAL W/ MILK	EGGS	OATMEAL W/MILK	TOAST	RICE PUDDING	EGGS	3 INGREDIENT OATMEAL COOKIES
LUNCH	GRILLED CHEESE, RAMAN	PB&J BANANAS	LEFTOVER SPAGHETTI	PB&J CARROTS	LEFTOVERS	GRILLED CHEESE, RAMAN	PB&J, APPLES
DINNER	SPAGHETTI WITH BREAD & BUTTER	WHOLE CHICKEN W/ POTATOES & CARROTS	WHITE CHICKEN CHILI, FROZEN VEGGIES	BLACK BEAN SOUP, CARROT STICKS	CHICKEN & RICE CASSEROLE, FROZEN VEGGIES	SALMON PATTIES, CARROT STICKS	BAKED POTATO BAR
SNACKS	APPLE SLICES W/ PB	POPCORN	3 INGREDIENT PB COOKIES	POPCORN	CARROT STICKS	COOKED RICE WITH MILK AND SUGAR	POPCORN