MealPlan

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

(Details at Healthing.com)						
SUN	MON	TUE	WED	THU	FRI	SAT
OATMEAL W/ MILK	EGGS	OATMEAL W/MILK	TOAST	RICE PUDDING	EGGS	3 INGREDIENT OATMEAL COOKIES
GRILLED CHEESE, RAMAN	PB&J BANANAS	LEFTOVER SPAGHETTI	PB&J CARROTS	LEFTOVERS	GRILLED CHEESE, RAMAN	PB&J, APPLES
SPAGHETTI WITH BREAD & BUTTER	WHOLE CHICKEN W/ POTATOES & CARROTS	CHICKEN CHILI, FROZEN VEGGIES	BLACK BEAN SOUP, CARROT STICKS	RICE CASSEROLE, FROZEN VEGGIES	SALMON PATTIES, CARROT STICKS	BAKED POTATO BAR
APPLE SLICES W/ PB	POPCORN	3 INGREDIENT PB COOKIES	POPCORN	CARROT STICKS	COOKED RICE WITH MILK AND SUGAR	POPCORN
	OATMEAL W/ MILK GRILLED CHEESE, RAMAN SPAGHETTI WITH BREAD & BUTTER APPLE SLICES W/	OATMEAL W/ MILK GRILLED CHEESE, RAMAN SPAGHETTI WITH BREAD & BUTTER APPLE SLICES W/ MON EGGS PB&J BANANAS WHOLE CHICKEN W/ POTATOES & CARROTS	SUN MON TUE OATMEAL W/MILK GRILLED CHEESE, RAMAN SPAGHETTI WITH BREAD & BUTTER APPLE SLICES W/ MON TUE OATMEAL W/MILK DATMEAL W/MILK LEFTOVER SPAGHETTI CHICKEN W/ POTATOES & CARROTS APPLE SLICES W/ MON TUE OATMEAL W/MILK OATMEAL W/MILK OATMEAL W/MILK OATMEAL W/MILK POATMEAL W/MILK POATMEAL W/MILK POATMEAL W/MILK POATMEAL W/MILK POATMEAL W/MILK POATMEAL W/MILK SPAGHETTI OHICKEN CHILI, FROZEN VEGGIES	OATMEAL W/ MILK GRILLED CHEESE, RAMAN SPAGHETTI WITH BREAD & BUTTER BUTTER MON TUE WED OATMEAL W/MILK TOAST LEFTOVER SPAGHETTI CARROTS LEFTOVER CHICKEN CHICKEN CHICKEN CHICKEN CHILI, FROZEN VEGGIES TOAST PB&J CARROTS CARROTS APPLE SLICES W/ POPCORN INGREDIENT POPCORN	OATMEAL W/MILK EGGS OATMEAL W/MILK TOAST RICE PUDDING GRILLED CHEESE, RAMAN BANANAS SPAGHETTI CARROTS SPAGHETTI WITH BREAD & WHOLE CHICKEN CHICKEN W/ POTATOES & CARROTS VEGGIES APPLE SLICES W/ POPCORN INGREDIENT POPCORN CARROT STICKS	OATMEAL W/MILK EGGS OATMEAL TOAST RICE PUDDING EGGS GRILLED CHEESE, RAMAN PAGHETTI PAGHETTI CARROTS LEFTOVERS CHEESE, RAMAN SPAGHETTI WHOLE CHICKEN CHICKEN CHICKEN SOUP, CARROT SOUP, CARROT STICKS BUTTER POPCORN TO THE CHICKEN SOUP, CARROT STICKS APPLE SLICES W/PB COOKIES APPLE SLICES W/PB COOKIES OATMEAL WED THU FRI RICE PUDDING EGGS GRILLED CHEESE, RAMAN CHILLI, SOUP, CARROT SOUP, CASSEROLE, FROZEN VEGGIES TOOKED RICE WITH MILK AND

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