

March Meal Plan — Southern Savers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Italian kielbasa and broccoli	2 Quick lemon garlic fish , rice, vegetable side
3 Bacon quiche with broccoli and cheddar ; fruit	4 Slow cooker black bean chili , salad	5 Ranch chicken wings , raw veggies and dip	6 Lighter baked spaghetti , broccoli	7 Roasted vegetable burritos , fruit	8 Cheesy chicken and peppers , bread	9 Hamburgers, tater tots, broccoli
10 Grilled brown sugar mustard glazed salmon , rice, green beans	11 Crock pot sweet potato soup , salad, bread	12 Baked nachos , vegetable side	13 Quick and easy jambalaya , salad	14 Maple dijon chicken thighs , rice, green beans	15 Thai-style beef stir fry	16 Pesto shrimp pasta , salad
17 Easy corned beef and cabbage	18 Cheese tortellini soup , salad, bread	19 No-soup chicken rice casserole	20 Garden vegetable lasagna roll-ups , garlic bread	21 Loaded potato and buffalo chicken casserole , vegetable side	22 Skillet cheeseburger pasta , vegetable side	23 Easy oven fajitas , black beans, corn
24 Sausage egg bake , fluffy pancakes , fruit	25 Salsa chicken soup , salad, bread	26 Spanish rice and ground beef skillet , broccoli	27 Pasta with creamy pumpkin sauce , vegetable side	28 Asian bowls	29 Hot dogs/brats, tater tots, vegetable side	30 Black bean and sweet potato quesadillas , fruit
31 Herb roasted pork loin , mashed potatoes, vegetable side						