

APRIL 2020 MEAL PLAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Asparagus bacon pasta	2 Korean beef bowls	3 Pizzadillas , fruit	4 Brazilian shrimp stew , salad
5 Sausage egg bake , fruit	6 Hamburgers , french fries, fruit	7 BBQ rub roasted chicken , cheesy potatoes , green vegetable	8 Creamy chicken carbonara , peas	9 Slow cooker Mexican lasagna , salad	10 Pizza ravioli skillet , broccoli	11 Crispy baked fish nuggets , french fries, green vegetable
12 Classic vs. Keto Easter Menu Ideas	13 Cajun salmon burgers , Greek pasta salad	14 Slow cooker chicken ropa vieja , rice	15 Chicken florentine pasta	16 Teriyaki meatball lettuce wraps , rice or pasta	17 Pizza pot pies , fruit	18 Grilled salmon , rice, green vegetable
19 Bacon quiche , fruit	20 Slow cooker French dip sandwiches , raw veggies and dip	21 Tandoori chicken kebabs , rice, steamed zucchini	22 Sheet pan gnocchi and vegetables	23 Taco pie , salad	24 Chicken alfredo calzones , fruit	25 Tangy ranch chicken wings , raw veggies and dip
26 Vegetable frittata , fruit	27 Hot dogs or sausages, french fries, fruit	28 Three cheese ham and broccoli casserole , rice or pasta	29 Spaghetti and meatballs, salad	30 Chicken curry casserole , rice		