

March 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Black pepper chicken, the best fried rice	2 Instant Pot salisbury steak meatballs, potatoes, veggie	3 Apple juice chicken, potato casserole, asparagus	4 French bread pizza, broccoli	5 Mushroom Fettuccine, roasted brussels sprouts	6 Grilled sausage and peppers, fruit
7 Buttermilk roast chicken, asparagus, biscuits	8 Coconut lime and chicken stir fry, rice	9 Cheddar cheeseburger meatloaf, potatoes, veggie	10 Easy lettuce wraps, fruit	11 Gnocchi lasagna, broccoli, bread	12 French lentil and mushroom soup, bread	13 Chicken sheet pan quesadillas, fruit
14 Spaghetti bolognese, broccoli	15 Chicken and brussels stir fry, rice	16 Salmon curry, rice	17 Easy corned beef and cabbage	18 Tortilla pizzas, broccoli	19 Copycat Carabba's chicken soup, bread	20 Black bean and sweet potato quesadillas, fruit
21 Slow cooker honey soy roast, potatoes, green beans	22 Crunchy chicken ramen stir fry	23 Skillet sausage and veggies, rice	24 Huevos ranchero casserole, fruit	25 Grilled steak, brussels sprouts, bread and butter	26 Jalapeno popper soup, bread	27 Chicken nachos, fruit
28 Pimento cheese sandwiches, tomato soup	29 Stir fry with southern veggies, rice	30 Chicken tacos, black beans, corn	31 Sausage and vegetables			