

December 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Frozen meatballs, pasta, alfredo sauce, peas	2 Copycat Chick Fil A , buns, french fries, vegetable	3 Dinner at friends' house	4 Pizza bread , fruit
5 Chili , cornbread	6 BBQ cheddar baked chicken , bread, vegetable	7 Sausage pasta bake , salad	8 Hot dogs or brats, buns, vegetable	9 Balsamic chicken , rice, carrots	10 Mushroom fettuccine alfredo , salad	11 Work Christmas party
12 White chicken enchiladas , broccoli	13 BBQ pulled pork , buns, vegetable	14 Tacos, black beans , corn	15 Tomato soup , grilled cheese	16 Chicken shawarma , rice, vegetable	17 Eat out while traveling	18 Wedding and reception
19 Swiss chicken , green beans, rolls	20 Crispy chicken thighs , potatoes, carrots	21 Herbed lemon linguine , salad	22 Shepherd's pie , rolls	23 Falafel , pita bread, raw veggies, hummus	24 Finger foods	25 Christmas dinner ideas
26 Breakfast for dinner	27 Sausage and shrimp bake	28 Beef stroganoff , pasta, vegetable	29 Freezer lasagna , broccoli	30 Meatloaf , mashed potatoes, salad	31 Party menu ideas	