

MEAL PREP

MENU TEMPLATE

MEAL 1

Meatloaf / Scalloped Potatoes / Peas

MEAL 2

BBQ Chicken / Baked Beans / Potato Salad

MEAL 3

Stir-Fry Chicken / Rice / Mixed Vegetable

MEAL 4

Stuffed Pork Chop / Roasted Butternut Squash

MEAL 5

Beef Tips / Noodles / Carrots

