

Quick Weekly Menu Planner

Fresh Produce		Colorful Salad Fixings	Entree # 1 (Pasta Casserole)	Entree # 2 (Brown Rice Casserole)
Snacking Fruit # 1	Apples	Lettuce	1 lb Lean Protein of Your Choice	1 lb Lean Protein of Your Choice
Snacking Fruit # 2	Grapes	Avocado	1 lb of Whole Wheat Pasta	1 lb of Brown Rice
Snacking Vegetable # 1	Carrots	Bell Pepper	1 lb of Frozen Vegetables	1 lb of Frozen Vegetables
Snacking Vegetable # 2	Celery	Mushrooms	1 Jar Pasta Sauce	Marinade from Seasoning Packet
Vegetable Side for Dinner # 1	Steamed Broccoli	Purple Cabbage	Thyme & Rosemary	Basil & Lemon Pepper
Vegetable Side for Dinner # 2	Roasted Cauliflower	Tomato	*If you have a large family, rotate in a third entree so you have enough to freeze ahead or you can double the recipe.	
		Green Onion		

Email us at info@LoveToLiveWell.com for a free menu planner