

# 2 WEEK MEAL PLAN

@amy maryon

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B</b>	Oatmeal	Waffles	Fried eggs and toast	Swedish pancakes	Egg Omelets	German pancakes	Breakfast rice
<b>L</b>	Lentil and rice casserole	Peanut butter and banana sandwiches	Chicken orzo soup	Grilled cheese	Black beans and rice	Poor man pizza	Cabbage vegetable soup
<b>D</b>	Taco salad	Chicken on rice made simple	Chili beans and spaghetti	Fried rice	Chicken pot pie	Burrito tacos	Hamburger stroganoff
<b>B</b>	Hardboiled egg in tortilla	Pancakes	Yogurt with strawberry sauce	French toast	Bagels	Crepes	Peanut butter and toast
<b>L</b>	Lentil and rice casserole	Tuna sandwiches	Chicken orzo soup	Egg salad sandwiches	Black beans and rice	Quesadilla	Cabbage vegetable soup
<b>D</b>	Ramen noodles with chicken and vegetables	haystacks	spaghetti	Sloppy joe tater tot casserole	Taco soup	Pepperoni pizza bake	Skillet mac and cheese