

# MONDAY

## BREAKFAST

Scrambled Egg  
Muffins

## LUNCH

Macaroni & Cheese

## DINNER

Tomato Soup &  
Grilled Cheese

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# TUESDAY

## BREAKFAST

Breakfast Sandwiches

## LUNCH

Nacho Tacos

## DINNER

Chilli Dogs

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# WEDNESDAY

## BREAKFAST

Oatmeal

## LUNCH

Yogurt Smoothie

## DINNER

Spaghetti & Garlic  
Bread

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# THURSDAY

## BREAKFAST

Banana Bread & Eggs

## LUNCH

Omletes

## DINNER

Cheesy Chicken & Rice

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# FRIDAY

## BREAKFAST

Oatmeal

## LUNCH

Grilled Peanut Butter  
& Jelly

## DINNER

Black Bean Burgers  
w/Sweet Potato Fries

# MEAL PLANNING

A 5-day meal plan,  
that's simple easy  
and budget friendly