



weekly MEAL PLAN

Click recipe name to print each recipe.

MONDAY

(easy)

[Beef Tips with Gravy](#)

TUESDAY

(Mexican)

[Mexican Ground Beef and Rice Skillet](#)

WEDNESDAY

(soup or salad)

[1905 Salad](#)

THURSDAY

(mix it up)

[Asian Chicken Tostadas](#)

FRIDAY

(comfort)

[Italian Artichoke Medley](#)

SATURDAY

SUNDAY

adjust day(s) for weekend plans, take-out day, and/or leftovers

DESSERT/ SNACK

[Red, White, and Blue Chantilly Sheet Cake](#)

SHOPPING LIST