

# MEAL PLANNER

## MONDAY

Black Bean  
Burgers and Sweet  
Potato Fries

Meatless Mondays

Veggie Soup

## TUESDAY

Turkey Tacos

Taco Tuesdays

Black Bean and  
Pineapple Salsa  
Tacos

## WEDNESDAY

Honey Balsamic  
Chicken

Wildtree  
Wednesdays

Chicken Fajita  
Bowls

## THURSDAY

Chili

Trade Thursdays

Flank Steak & Kale

## FRIDAY

Pizza and Sald

Family Favorite  
Fridays

Tuna Noodle  
Casserole

## SATURDAY

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Surprise Saturday

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## SUNDAY

White Fish,  
Roasted Potatoes  
& Veggies

Seafood Sunday

Salmon, Sweet  
Potatoes &  
Veggies

WEEKS 1 & 3

THEME

WEEKS 2 & 4