



The Gracious Wife

Graciously serving the Whole Home

Monthly Meal Plan

Let me give you a rundown on how meals usually work for our family:

Since Mr. Gracious is a firefighter, he works 24 hours on and then gets the next 48 hours off. On shift days, I'm alone with the kids for the full 24 hours, so those days are easy meals or leftovers so I have one less thing to worry about. (This will be every third day, except Saturdays.)

On Sundays, we get together with family after church, and I don't have to cook! Yippee! So it's a free day from lunch and snack, and we usually just have snacks or pizza for dinner so I get a day off from the kitchen.

We try to eat as much fresh fruit and veggies as possible and at every meal. I usually buy produce from our grocer every week based on the weekly sales, and it'll be easier on the ol' wallet if you do the same.

We eat leftovers for lunch daily because I absolutely hate wasting food. If we don't have leftovers (which is rare), we usually just scrounge up a sandwich.

The menu plan below is for for Breakfast, Snack, and Dinner daily. Be sure to check the recipe archives too for the recipes in the plans and more meal planning inspiration.

January 2016 Breakfast Monthly Meal Plan:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|--|---|--|--|--|---|
| | | | | | 1 Blueberry Muffins | 2 Scrambled Eggs and Toast |
| 3 Cinnamon Rolls | 4 Strawberry Cream Cheese French Toast Bake | 5 Strawberry Cream Cheese French Toast Bake Leftovers | 6 Blueberry Muffins | 7 Apple Butter on Toast | 8 Blueberry Muffins | 9 Breakfast Burritos |
| 10 Cinnamon Rolls | 11 Biscuits and Gravy Casserole | 12 Strawberry Coffee Cake Muffins | 13 Breakfast Pizza | 14 Strawberry Coffee Cake Muffins | 15 Breakfast Pizza | 16 Scrambled Eggs and Toast |
| 17 Cinnamon Rolls | 18 Apple Butter on Toast | 19 Apple Oatmeal Cups | 20 Strawberry Coffee Cake Muffins | 21 Apple Oatmeal Cups | 22 Strawberry Coffee Cake Muffins | 23 Breakfast Burritos |
| 24 Cinnamon Rolls | 25 Mexican Breakfast Casserole | 26 Mexican Breakfast Casserole Leftovers | 27 Strawberry Breakfast Turnovers | 28 Farmer's Breakfast Skillet | 29 Strawberry Breakfast Turnovers | 30 Breakfast Quesadillas |
| 31 Cinnamon Rolls | | | | | | |

January 2016 Snack Monthly Meal Plan:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|--|-------------------------------------|--|---|---|---|
| | | | | | 1 Snowman Popcorn Cups | 2 Snowman Popcorn Cups |
| 3 | 4 Pizza Tots | 5 Apple Dippers | 6 Pizza Tots | 7 Apple Dippers | 8 Fruit Pizzas | 9 Fruit Pizzas |
| 10 | 11 Banana Cereal Snacks | 12 Pizza Twists | 13 Banana Cereal Snacks | 14 Pizza Twists | 15 Chocolate Peanut Butter Granola Apple Bites | 16 Chocolate Peanut Butter Granola Apple Bites |
| 17 | 18 Bagel Pizzas | 19 Ham Roll Ups | 20 Pizza Kabobs | 21 Ham Roll Ups | 22 Pizza Kabobs | 23 Bagel Pizzas |
| 24 <hr/> 31 | 25 Apple Sandwiches | 26 Ham Pinwheels | 27 Apple Sandwiches | 28 No Bake Peanut Butter Oat Squares | 29 No Bake Peanut Butter Oat Squares | 30 Ham Pinwheels |

January 2016 Dinner Monthly Meal Plan:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|---|---|--|--|--|---|
| | | | | | 1 Chicken Teriyaki and Fried Rice | 2 Crockpot Broccoli Cheese Soup |
| 3 Leftover Free-for-all | 4 Crockpot Southwest Chicken Chili | 5 Cheddar Ham Chowder | 6 Crockpot Beef and Noodles with Tomatoes | 7 Skillet Chicken with Red Wine Vinegar | 8 Creamed Chipped Beef | 9 Crockpot Chicken Tacos |
| 10 Leftover Free-for-all | 11 Crockpot Sloppy Joies | 12 Maple Mustard Chicken | 13 Cheeseburger Soup | 14 Crockpot Barbecue Chicken Sandwiches | 15 Chicken Pot Pie | 16 Hawaiian Grilled Cheese |
| 17 Leftover Free-for-all | 18 Honey Mustard Chicken | 19 Cheesy Tater Tot Casserole | 20 Meatloaf | 21 Chicken and Dumplings | 22 Crockpot Spaghetti and Meatballs | 23 Jalapeno Popper Soup |
| 24 Leftover Free-for-all | 25 Chili Cheese Dog Casserole | 26 Cheesy Garlic Herb Chicken | 27 Chicken Shepherd' s Pie | 28 Pineapple Teriyaki Burgers | 29 Fettuccine Alfredo | 30 Southwest Bean Chowder |
| 31 Leftover Free-for-all | | | | | | |

Weekly Meal Plan

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| <u>Day</u> | <u>Date</u> | <u>Breakfast</u> | <u>Snack</u> | <u>Dinner</u> |
|------------------|-------------|-----------------------------------|--------------------------------------|---|
| <u>Sunday</u> | 12/27 | Cinnamon Rolls | | Leftover Free-for-all |
| <u>Monday</u> | 12/28 | Egg Muffin Cups | Ham Roll Ups | Meatloaf |
| <u>Tuesday</u> | 12/29 | Apple Butter on Toast | Pizza Kabobs | Bruschetta Chicken Bake |
| <u>Wednesday</u> | 12/30 | Egg Muffin Cups | Ham Roll Ups | Slow Cooker Beef Stew |
| <u>Thursday</u> | 12/31 | Breakfast Quesadillas | Pizza Kabobs | Snacks/ Appetizers |
| <u>Friday</u> | 1/1 | Blueberry Muffins | Snowman Popcorn Cups | Chicken Teriyaki and Fried Rice |
| <u>Saturday</u> | 1/2 | Scrambled Eggs and Toast | Snowman Popcorn Cups | Crockpot Broccoli Cheese Soup |

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|------------------|-------------|---|-------------------------------|--|
| <u>Sunday</u> | 1/3 | Cinnamon Rolls | | Leftover Free-for-all |
| <u>Monday</u> | 1/4 | Strawberry Cream Cheese French Toast Bake | Pizza Tots | Crockpot Southwest Chicken Chili |
| <u>Tuesday</u> | 1/5 | Strawberry Cream Cheese French Toast Bake Leftovers | Apple Dippers | Cheddar Ham Chowder |
| <u>Wednesday</u> | 1/6 | Blueberry Muffins | Pizza Tots | Crockpot Beef and Noodles with Tomatoes |
| <u>Thursday</u> | 1/7 | Apple Butter on Toast | Apple Dippers | Skillet Chicken Thighs with Red Wine Vinegar |
| <u>Friday</u> | 1/8 | Blueberry Muffins | Fruit Pizzas | Creamed Chipped Beef |
| <u>Saturday</u> | 1/9 | Breakfast Burritos | Fruit Pizzas | Crockpot Chicken Tacos |

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|------------------|-------------|--|---|--|
| <u>Sunday</u> | 1/10 | Cinnamon Rolls | | Leftover Free-for-all |
| <u>Monday</u> | 1/11 | Biscuits and Gravy Casserole | Banana Cereal Snacks | Crockpot Sloppy Joes |
| <u>Tuesday</u> | 1/12 | Strawberry Coffee Cake Muffins | Pizza Twists | Maple Mustard Chicken |
| <u>Wednesday</u> | 1/13 | Breakfast Pizza | Banana Cereal Snacks | Cheeseburger Soup |
| <u>Thursday</u> | 1/14 | Strawberry Coffee Cake Muffins | Pizza Twists | Crockpot Barbecue Chicken Sandwiches |
| <u>Friday</u> | 1/15 | Breakfast Pizza | Chocolate Peanut Butter Granola Apple Bites | Chicken Pot Pie |
| <u>Saturday</u> | 1/16 | Scrambled Eggs and Toast | Chocolate Peanut Butter Granola Apple Bites | Hawaiian Grilled Cheese |

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|------------------|-------------|--|------------------------------|--|
| <u>Sunday</u> | 1/17 | Cinnamon Rolls | | Leftover Free-for-all |
| <u>Monday</u> | 1/18 | Apple Butter on Toast | Bagel Pizzas | Honey Mustard Chicken |
| <u>Tuesday</u> | 1/19 | Apple Oatmeal Cups | Ham Roll Ups | Cheesy Tater Tot Casserole |
| <u>Wednesday</u> | 1/20 | Strawberry Coffee Cake Muffins | Pizza Kabobs | Meatloaf |
| <u>Thursday</u> | 1/21 | Apple Oatmeal Cups | Ham Roll Ups | Chicken and Dumplings |
| <u>Friday</u> | 1/22 | Strawberry Coffee Cake Muffins | Pizza Kabobs | Crockpot Spaghetti and Meatballs |
| <u>Saturday</u> | 1/23 | Breakfast Burritos | Bagel Pizzas | Jalapeno Popper Soup |

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|------------------|-------------|--|---|--|
| <u>Sunday</u> | 1/24 | Cinnamon Rolls | | Leftover Free-for-all |
| <u>Monday</u> | 1/25 | Mexican Breakfast Casserole | Apple Sandwiches | Chili Cheese Dog Casserole |
| <u>Tuesday</u> | 1/26 | Mexican Breakfast Casserole Leftovers | Ham Pinwheels | Cheesy Garlic Herb Chicken |
| <u>Wednesday</u> | 1/27 | Strawberry Breakfast Turnovers | Apple Sandwiches | Chicken Shepherd's Pie |
| <u>Thursday</u> | 1/28 | Farmer's Breakfast Skillet | No Bake Peanut Butter Oat Squares | Pineapple Teriyaki Burgers |
| <u>Friday</u> | 1/29 | Strawberry Breakfast Turnovers | No Bake Peanut Butter Oat Squares | Fettuccini Alfredo |
| <u>Saturday</u> | 1/30 | Breakfast Quesadillas | Ham Pinwheels | Southwest Bean Chowder |
| <u>Sunday</u> | 1/31 | Cinnamon Rolls | | Leftover Free-for-all |

