



# *The Gracious Wife*



*Graciously serving the Whole Home*

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# 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 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 2015 Breakfast Monthly Meal Plan:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Oatmeal	2 <a href="#">Coffee Toffee Muffins</a>	3 Pancakes with <a href="#">Blueberry Maple Syrup</a>
4 Cinnamon Rolls	5 <a href="#">Blueberry Banana French Toast Bake</a>	6 Blueberry Banana French Toast Bake Leftovers	7 <a href="#">Coffee Toffee Muffins</a>	8 <a href="#">Apple Butter</a> on Toast	9 <a href="#">Coffee Toffee Muffins</a>	10 English Muffins Breakfast Sandwich
11 Cinnamon Rolls	12 <a href="#">Coffee Toffee Muffins</a>	13 <a href="#">Apple Butter</a> on Toast	14 <a href="#">Blueberry Muffins</a>	15 Scrambled Eggs with Toast	16 <a href="#">Blueberry Muffins</a>	17 Breakfast Burritos
18 Cinnamon Rolls	19 <a href="#">Mexican Breakfast Casserole</a>	20 Mexican Breakfast Casserole Leftovers	21 <a href="#">Blueberry Muffins</a>	22 French Toast	23 <a href="#">Blueberry Muffins</a>	24 Scrambled Eggs with Toast
25 Cinnamon Rolls	26 Breakfast Burritos	27 Oatmeal	28 Scrambled Eggs with Toast	29 <a href="#">Apple Butter</a> on Toast	30 Oatmeal	31 French Toast

### January 2015 Snack Monthly Meal Plan:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cheese and Crackers	2 <a href="#">Goldfish Drops</a>	3 Yogurt
4	5 <a href="#">Goldfish Drops</a>	6 <a href="#">Banana Cereal Snacks</a>	7 <a href="#">Maple Peanut Butter Granola Bars</a>	8 <a href="#">Banana Cereal Snacks</a>	9 <a href="#">Maple Peanut Butter Granola Bars</a>	10 <a href="#">Maple Peanut Butter Granola Bars</a>
11	12 <a href="#">Healthy Banana Cookies</a>	13 <a href="#">Apple Dippers</a>	14 <a href="#">Healthy Banana Cookies</a>	15 <a href="#">Apple Dippers</a>	16 Bean and Cheese Burritos	17 <a href="#">Healthy Banana Cookies</a>
18	19 <a href="#">Pizza Roll-ups</a>	20 Carrots and Dip	21 <a href="#">Copycat Taco Bell Quesadillas</a>	22 Carrots and Dip	23 <a href="#">Pizza Roll-ups</a>	24 Yogurt
25	26 <a href="#">Raspberry Sweetheart Smoothie</a>	27 Cheese and Crackers	28 <a href="#">Avocado Bean Dip</a>	29 <a href="#">Avocado Bean Dip</a>	30 Bean and Cheese Burritos	31 <a href="#">Raspberry Sweetheart Smoothie</a>

**January 2015 Dinner Monthly Meal Plan:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Leftovers from New Years Eve	2 <a href="#">Chicken Pot Pie</a>	3 Potato Soup
4 Leftover Free-for-all	5 <a href="#">Sweet and Tangy Mustard Chicken</a>	6 <a href="#">Manloaf</a>	7 <a href="#">Cream Cheese Chicken Chili with rice</a>	8 <a href="#">Penne Parma Rosa</a>	9 Brinner with <a href="#">Farmer' s Skillet Hash</a>	10 Homemade Veggie Pizza
11 Leftover Free-for-all	12 Ham and potatoes	13 <a href="#">Ham and Cheddar Chowder</a>	14 <a href="#">Mushroom Chicken Bake</a>	15 <a href="#">Tacos</a>	16 <a href="#">Macaroni and Cheese</a>	17 <a href="#">Chili Cheese Dog Casserole</a>
18 Leftover Free-for-all	19 Chicken and Dumplings	20 <a href="#">Manloaf</a>	21 Mostaccioli	22 <a href="#">Bruschetta Chicken Bake</a>	23 <a href="#">Cheesy Chicken Enchiladas</a>	24 <a href="#">Tater Tot Casserole</a>
25 Leftover Free-for-all	26 <a href="#">Cheesy Garlic Herb Chicken</a>	27 <a href="#">Butternut Squash Bisque</a>	28 Brinner with <a href="#">Farmer' s Skillet Hash</a>	29 <a href="#">Tacos</a>	30 Spaghetti	31 <a href="#">Chicken Pot Pie</a>

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<u>Day</u>	<u>Date</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Dinner</u>
<u>Sunday</u>	12/28	Cinnamon Rolls		Leftover Free-for-all
<u>Monday</u>	12/29			
<u>Tuesday</u>	12/30			
<u>Wednesday</u>	12/31			
<u>Thursday</u>	1/1	Oatmeal	Cheese & Crackers	Leftovers from New Year's Eve
<u>Friday</u>	1/2	<a href="#">Coffee Toffee Muffins</a>	<a href="#">Goldfish Drops</a>	<a href="#">Chicken Pot Pie</a>
<u>Saturday</u>	1/3	Pancakes with <a href="#">Blueberry Maple Syrup</a>	Yogurt	Potato Soup

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<u>Day</u>	<u>Date</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Dinner</u>
<u>Sunday</u>	1/4	Cinnamon Rolls		Leftover Free-for-all
<u>Monday</u>	1/5	<a href="#">Blueberry Banana French Toast Bake</a>	<a href="#">Goldfish Drops</a>	<a href="#">Sweet &amp; Tangy Mustard Chicken</a>
<u>Tuesday</u>	1/6	Blueberry Banana French Toast Bake Leftovers	<a href="#">Banana Cereal Snacks</a>	<a href="#">Manloaf</a>
<u>Wednesday</u>	1/7	<a href="#">Coffee Toffee Muffins</a>	<a href="#">Maple Peanut Butter Granola Bars</a>	<a href="#">Cream Cheese Chicken Chili with Rice</a>
<u>Thursday</u>	1/8	<a href="#">Apple Butter</a> on Toast	<a href="#">Banana Cereal Snacks</a>	<a href="#">Penne Parma Rosa</a>
<u>Friday</u>	1/9	<a href="#">Coffee Toffee Muffins</a>	<a href="#">Maple Peanut Butter Granola Bars</a>	Brinner with <a href="#">Farmer's Skillet Hash</a>
<u>Saturday</u>	1/10	English Muffin Breakfast Sandwich	<a href="#">Maple Peanut Butter Granola Bars</a>	Homemade Veggie Pizza

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<u>Sunday</u>	1/11	Cinnamon Rolls		Leftover Free-for-all
<u>Monday</u>	1/12	<a href="#">Coffee Toffee Muffins</a>	<a href="#">Healthy Banana Cookies</a>	Ham and potatoes
<u>Tuesday</u>	1/13	<a href="#">Apple Butter</a> on Toast	<a href="#">Apple Dippers</a>	<a href="#">Ham and Cheddar Chowder</a>
<u>Wednesday</u>	1/14	<a href="#">Blueberry Muffins</a>	<a href="#">Healthy Banana Cookies</a>	<a href="#">Mushroom Chicken Bake</a>
<u>Thursday</u>	1/15	Scrambled Eggs with Toast	<a href="#">Apple Dippers</a>	<a href="#">Tacos</a>
<u>Friday</u>	1/16	<a href="#">Blueberry Muffins</a>	Bean and Cheese burritos (from leftover tacos)	<a href="#">Macaroni and Cheese</a>
<u>Saturday</u>	1/17	Breakfast Burritos	<a href="#">Healthy Banana Cookies</a>	<a href="#">Chili Cheese Dog Casserole</a>



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<u>Sunday</u>	1/18	Cinnamon Rolls		Leftover Free-for-all
<u>Monday</u>	1/19	<a href="#">Mexican Breakfast Casserole</a>	<a href="#">Pizza Roll-ups</a>	Chicken and Dumplings
<u>Tuesday</u>	1/20	Mexican Casserole Leftovers	Carrots and Dip	<a href="#">Manloaf</a>
<u>Wednesday</u>	1/21	<a href="#">Blueberry Muffins</a>	<a href="#">Copycat Taco Bell Quesadillas</a>	Mostaccioli
<u>Thursday</u>	1/22	French Toast	Carrots and Dip	<a href="#">Bruschetta Chicken Bake</a>
<u>Friday</u>	1/23	<a href="#">Blueberry Muffins</a>	<a href="#">Pizza Roll-ups</a>	<a href="#">Cheesy Chicken Enchiladas</a>
<u>Saturday</u>	1/24	Scrambled Eggs with Toast	Yogurt	<a href="#">Tater Tot Casserole</a>

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<u>Day</u>	<u>Date</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Dinner</u>
<u>Sunday</u>	1/25	Cinnamon Rolls		Leftover Free-for-all
<u>Monday</u>	1/26	Breakfast Burritos	<a href="#">Raspberry Sweetheart Smoothie</a>	<a href="#">Cheesy Garlic Herb Chicken</a>
<u>Tuesday</u>	1/27	Oatmeal	Cheese & Crackers	<a href="#">Butternut Squash Bisque</a>
<u>Wednesday</u>	1/28	Scrambled Eggs with Toast	<a href="#">Avocado Bean Dip</a>	Brinner with <a href="#">Farmer's Skillet Hash</a>
<u>Thursday</u>	1/29	<a href="#">Apple Butter</a> on Toast	<a href="#">Avocado Bean Dip</a>	<a href="#">Tacos</a>
<u>Friday</u>	1/30	Oatmeal	Bean and Cheese burritos (from leftover tacos)	Spaghetti
<u>Saturday</u>	1/31	French Toast	<a href="#">Raspberry Sweetheart Smoothie</a>	<a href="#">Chicken Pot Pie</a>