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.

May 2015 Breakfast Monthly Meal Plan:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 French Toast	2 Breakfast Burritos
3 Cinnamon Rolls	4 Mexican Breakfast Casserole	5 Mexican Breakfast Casserole Leftovers	6 Blueberry Muffins	7 Apple Butter on Toast	8 Blueberry Muffins	9 Blueberry Cheesecake Pancake Sandwiches
10 Cinnamon Rolls	11 Banana Caramel French Toast	12 Blueberry Muffins	13 Apple Butter on Toast	14 Blueberry Muffins	15 Pancake Bites	16 Pancake Bites
17 Cinnamon Rolls	18 Strawberry Cheesecake French Toast Bake	19 Strawberry Cheesecake French Toast Bake Leftovers	20 Coffee Toffee Muffins	21 Apple Butter on Toast	22 Breakfast Fried Rice	23 Coffee Toffee Muffins
24 Cinnamon Rolls 31 Cinnamon Rolls	25 Breakfast Burritos	26 Coffee Toffee Muffins	27 Apple Butter on Toast	28 Coffee Toffee Muffins	29 Strawberry Banana Nut Doughnuts	30 Strawberry Banana Nut Doughnuts

May 2015 Snack Monthly Meal Plan:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Mini Cracker Sandwiches	2 Granola Clusters
3	4 Granola Clusters	5 Banana Cereal Snacks	6 Ham and Cheese Roll-ups	7 Banana Cereal Snacks	8 Ham and Cheese Roll-ups	9 Bean and Cheese Burritos
10	11 Banana Cereal Snacks	12 Mini Cracker Sandwiches	13 Ants on a Log	14 Nutella No-Bake Cookies	15 Ants on a Log	16 Nutella No-Bake Cookies
17	18 No-Bake Peanut Butter Pretzel Granola Bars	19 No-Bake Peanut Butter Pretzel Granola Bars	20 No-Bake Peanut Butter Pretzel Granola Bars	21 Frozen Fruit and Yogurt Roll-ups	22 Frozen Fruit and Yogurt Roll-ups	23 Bean and Cheese Burritos
24 31	25 Apple Nachos	26 M&M Granola Bites	27 Apple Nachos	28 M&M Granola Bites	29 Banana Nutella Frozen Yogurt Pops	30 Banana Nutella Frozen Yogurt Pops

May 2015 Dinner Monthly Meal Plan:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Potato Chorizo Tacos	2 Chicken Pot Pie
3 Leftover Free-for-All	4 Sweet and Tangy Mustard Chicken	5 Ham	6 Hawaiian Pizza Pasta Bake	7 Meatloaf	8 Tacos	9 Taco Bundles
10 Leftover Free-for-All	11 Bruschetta Chicken Bake	12 Cheesy Tater Tot Cowboy Casserole	13 No-Flour Mac and Cheese	14 Garlic Herb Chicken	15 Cheesy Chicken Enchiladas	16 Pineapple Teriyaki Burgers
17 Leftover Free-for-All	18 Chuckwagon Wraps	19 Bacon Grilled Cheese Braid	20 Penne Parma Rosa	21 Chicken Teriyaki and Fried Rice	22 Tacos	23 Fettuccine Alfredo
24 Leftover Free-for-All 31 Leftover Free-for-All	25 Crockpot Sloppy Joes	26 Mushroom Chicken Bake	27 Meatloaf	28 Hawaiian Grilled Cheese	29 Quesadillas	30 Chili Cheese Dog Casserole

Weekly Meal Plan

Made for you by The Gracious Wife at TheGraciousWife.com

Day	Date	Breakfast	Snack	Dinner
Sunday	4/26	Cinnamon Rolls		Leftover Free-for-all
Monday	4/27			
Tuesday	4/28			
Wednesday	4/29			
Thursday	4/30			
Friday	5/1	French Toast	Mini Cracker Sandwiches	Potato and Chorizo Tacos
Saturday	5/2	Breakfast Burritos	Granola Clusters	Chicken Pot Pie

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Day	Date	Breakfast	Snack	Dinner
Sunday	5/3	Cinnamon Rolls		Leftover Free-for-all
Monday	5/4	Mexican Breakfast Casserole	Granola Clusters	Sweet and Tangy Mustard Chicken
Tuesday	5/5	Mexican Breakfast Casserole Leftovers	Banana Cereal Snacks	Ham
Wednesday	5/6	Blueberry Muffins	Ham and Cheese Roll-ups	Hawaiian Pasta Bake (using leftovers)
Thursday	5/7	Apple Butter on Toast	Banana Cereal Snacks	Meatloaf
Friday	5/8	Blueberry Muffins	Ham and Cheese Roll-ups	Tacos
Saturday	5/9	Blueberry Cheesecake Pancake Sandwiches	Bean & Cheese Burritos (using leftovers)	Taco Bundles (using leftovers)

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Day	Date	Breakfast	Snack	Dinner
Sunday	5/10	Cinnamon Rolls		Leftover Free-for-all
Monday	5/11	Banana Caramel French Toast	Banana Cereal Snacks	Bruschetta Chicken Bake
Tuesday	5/12	Blueberry Muffins	Mini Cracker Sandwiches	Cheesy Tater Tot Cowboy Casserole
Wednesday	5/13	Apple Butter on Toast	Ants on a Log	No-Flour Mac and Cheese
Thursday	5/14	Blueberry Muffins	Nutella No-Bake Cookies	Garlic Herb Chicken
Friday	5/15	Pancake Bites	Ants on a Log	Cheesy Chicken Enchiladas
Saturday	5/16	Pancake Bites	Nutella No-Bake Cookies	Pineapple Teriyaki Burgers

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Day	Date	Breakfast	Snack	Dinner
Sunday	5/17	Cinnamon Rolls		Leftover Free-for-all
Monday	5/18	Strawberry Cheesecake French Toast Bake	No-Bake Peanut Butter Pretzel Granola Bars	Chuckwagon Wraps
Tuesday	5/19	Strawberry Cheesecake French Toast Bake Leftovers	No-Bake Peanut Butter Pretzel Granola Bars	Bacon Grilled Cheese Braid
Wednesday	5/20	Coffee Toffee Muffins	No-Bake Peanut Butter Pretzel Granola Bars	Penne Parma Rosa
Thursday	5/21	Apple Butter on Toast	Frozen Fruit and Yogurt Roll-ups	Chicken Teriyaki and Fried Rice
Friday	5/22	Breakfast Fried Rice (using leftovers)	Frozen Fruit and Yogurt Roll-ups	Tacos
Saturday	5/23	Coffee Toffee Muffins	Bean & Cheese Burritos (using leftovers)	Fettuccine Alfredo

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Day	Date	Breakfast	Snack	Dinner
Sunday	5/24	Cinnamon Rolls		Leftover Free-for-all
Monday	5/25	Breakfast Burritos	Apple Nachos	Crockpot Sloppy Joes
Tuesday	5/26	Coffee Toffee Muffins	M&M Granola Bites	Mushroom Chicken Bake
Wednesday	5/27	Apple Butter on Toast	Apple Nachos	Meatloaf
Thursday	5/28	Coffee Toffee Muffins	M&M Granola Bites	Hawaiian Grilled Cheese
Friday	5/29	Strawberry Banana Nut Doughnuts	Banana Nutella Frozen Yogurt Pops	Quesadillas
Saturday	5/30	Strawberry Banana Nut Doughnuts	Banana Nutella Frozen Yogurt Pops	Chili Cheese Dog Casserole
Sunday	5/31	Cinnamon Rolls		Leftover Free-for-All