



The Gracious Wives

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.

July 2015 Breakfast Monthly Meal Plan:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Blueberry Muffins	2 Breakfast Tacos	3 Blueberry Muffins	4 Red Velvet Berry Pancakes
5 Cinnamon Rolls	6 Baked Chocolate Chip Donut Holes	7 Baked Chocolate Chip Donut Holes	8 Omelet Breakfast Bites	9 Blueberry Muffins	10 Omelet Breakfast Bites	11 Breakfast Burritos
12 Cinnamon Rolls	13 Blueberry Banana French Toast Bake	14 Blueberry Banana French Toast Bake Leftovers	15 Lemon Zucchini Bread	16 Lemon Zucchini Bread	17 Pancakes with Blueberry Syrup	18 Pancakes with Blueberry Syrup
19 Cinnamon Rolls	20 Ham and Cheese Breakfast Enchiladas	21 Blueberry Muffins	22 Berry Breakfast Pizzas	23 Blueberry Muffins	24 Berry Breakfast Pizzas	25 Breakfast Quesadillas
26 Cinnamon Rolls	27 Mexican Breakfast Casserole	28 Mexican Breakfast Casserole Leftovers	29 Blueberry Muffins	30 Berry Breakfast Pizzas	31 Blueberry Muffins	

July 2015 Snack Monthly Meal Plan:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Peach Yogurt Freezer Pops	2 Watermelon Pops	3 Watermelon Pops	4 4 th of July Cookout
5	6 Banana Split Bites	7 Banana Split Bites	8 Chocolate Peanut Butter Granola Apple Bites	9 Peach Yogurt Freezer Pops	10 Chocolate Peanut Butter Granola Apple Bites	11 Peach Yogurt Freezer Pops
12	13 Frozen Fruit Kabobs	14 Cucumber Tomato Salad	15 Frozen Fruit Kabobs	16 Cucumber Tomato Salad	17 Frozen Fruit Kabobs	18 Healthy Ice Cream Sandwiches
19	20 Frozen Chocolate Banana Bites	21 Frozen Chocolate Banana Bites	22 Strawberry Salsa with Graham Crackers	23 Strawberry Salsa with Graham Crackers	24 Orange Fruit Cups	25 Orange Fruit Cups
26	27 Yogurt Fruit and Granola Popsicles	28 Yogurt Fruit and Granola Popsicles	29 Healthy Ice Cream Sandwiches	30 Chocolate Kiwi Pops	31 Chocolate Kiwi Pops	

July 2015 Dinner Monthly Meal Plan:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tacos	2 Roasted Garlic & Veggie Mac & Cheese	3 Skillet Honey Mustard Chicken	4 Happy 4 th of July! (Cookout)
5 Leftover Free-for-All	6 Penne Parma Rosa	7 Chicken Enchiladas	8 Crockpot Sloppy Joes	9 Meatloaf	10 Chicken Teriyaki & Fried Rice	11 Pizza Burgers
12 Leftover Free-for-All	13 Chuckwagon Wraps	14 Easy Bruschetta Linguine	15 Tacos	16 Buffalo Chicken Salad	17 Tater Tot Cowboy Casserole	18 Grilled Chicken
19 Leftover Free-for-All	20 Real Fettuccine Alfredo	21 Quesadillas	22 Bruschetta Chicken Bake	23 Meatloaf	24 Crockpot Mac and Cheese	25 Pineapple Teriyaki Burgers
26 Leftover Free-for-All	27 Grilled Chicken	28 Hawaiian Pizza Pasta	29 Chicken Teriyaki & Fried Rice	30 Potato Chorizo Tacos	31 Fish Fry	

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>	6/28	Cinnamon Rolls		Leftover Free-for-all
<u>Monday</u>	6/29			
<u>Tuesday</u>	6/30			
<u>Wednesday</u>	7/1	Blueberry Muffins	Peach Yogurt Freezer Pops	Tacos
<u>Thursday</u>	7/2	Breakfast Tacos	Watermelon Pops	Roasted Veggie and Garlic Mac and Cheese
<u>Friday</u>	7/3	Blueberry Muffins	Watermelon Pops	Skillet Honey Mustard Chicken
<u>Saturday</u>	7/4	Patriotic Red Velvet Berry Pancakes	4 th of July Cookout	4 th of July Cookout

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<u>Sunday</u>	7/5	Cinnamon Rolls		Leftover Free-for-all
<u>Monday</u>	7/6	Baked Chocolate Chip Donut Holes	Banana Split Bites	Penne Parma Rosa
<u>Tuesday</u>	7/7	Baked Chocolate Chip Donut Holes	Banana Split Bites	Chicken Enchiladas
<u>Wednesday</u>	7/8	Omelet Breakfast Bites	Chocolate Peanut Butter Apple Bites	Crockpot Sloppy Joes
<u>Thursday</u>	7/9	Blueberry Muffins	Peach Yogurt Freezer Pops	Meatloaf
<u>Friday</u>	7/10	Omelet Breakfast Bites	Chocolate Peanut Butter Apple Bites	Chicken Teriyaki & Fried Rice
<u>Saturday</u>	7/11	Breakfast Burritos	Peach Yogurt Freezer Pops	Pizza Burgers

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<u>Sunday</u>	7/12	Cinnamon Rolls		Leftover Free-for-all
<u>Monday</u>	7/13	Blueberry Banana French Toast Bake	Frozen Fruit Kabobs	Chuckwagon Wraps
<u>Tuesday</u>	7/14	Blueberry Banana French Toast Bake Leftovers	Cucumber Tomato Salad	Easy Bruschetta Linguine
<u>Wednesday</u>	7/15	Lemon Zucchini Bread	Frozen Fruit Kabobs	Tacos
<u>Thursday</u>	7/16	Lemon Zucchini Bread	Cucumber Tomato Salad	Buffalo Chicken Salad
<u>Friday</u>	7/17	Pancakes with Blueberry Syrup	Frozen Fruit Kabobs	Cheesy Tater Tot Cowboy Casserole
<u>Saturday</u>	7/18	Pancakes with Blueberry Syrup	Healthy Ice Cream Sandwiches	Grilled Chicken

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<u>Sunday</u>	7/19	Cinnamon Rolls		Leftover Free-for-all
<u>Monday</u>	7/20	Ham & Cheese Breakfast Enchiladas	Frozen Chocolate Banana Bites	Real Fettuccine Alfredo
<u>Tuesday</u>	7/21	Blueberry Muffins	Frozen Chocolate Banana Bites	Quesadillas
<u>Wednesday</u>	7/22	Berry Breakfast Pizzas	Strawberry Salsa with Graham Crackers	Bruschetta Chicken Bake
<u>Thursday</u>	7/23	Blueberry Muffins	Strawberry Salsa with Graham Crackers	Meatloaf
<u>Friday</u>	7/24	Berry Breakfast Pizzas	Orange Fruit Cups	Crockpot Mac and Cheese
<u>Saturday</u>	7/25	Breakfast Quesadillas	Orange Fruit Cups	Pineapple Teriyaki Burgers

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<u>Sunday</u>	7/26	Cinnamon Rolls		Leftover Free-for-all
<u>Monday</u>	7/27	Mexican Breakfast Casserole	Yogurt, Fruit, and Granola Popsicles	Grilled Chicken
<u>Tuesday</u>	7/28	Mexican Breakfast Casserole Leftovers	Yogurt, Fruit, and Granola Popsicles	Hawaiian Pizza Pasta Bake
<u>Wednesday</u>	7/29	Blueberry Muffins	Healthy Ice Cream Sandwiches	Chicken Teriyaki and Fried Rice
<u>Thursday</u>	7/30	Berry Breakfast Pizzas	Chocolate Kiwi Pops	Potato Chorizo Tacos
<u>Friday</u>	7/31	Blueberry Muffins	Chocolate Kiwi Pops	Fish Fry
<u>Saturday</u>	8/1			