



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:

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, pizza, or leftovers 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.

MAY 2016 BREAKFAST MEAL PLAN

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Cinnamon Rolls	2	<u>Mexican Breakfast Casserole</u>	3	<u>Mexican Breakfast Casserole</u> Leftovers	4	<u>Banana Bread</u> <u>Donut Holes</u>	5	<u>Breakfast Quesadillas</u>	6	<u>Banana Bread</u> <u>Donut Holes</u>	7	<u>Breakfast Biscuits</u>
8	Cinnamon Rolls	9	<u>Ham & Cheese Egg Cups</u>	10	<u>Lemon Crumb Muffins</u>	11	<u>Ham & Cheese Egg Cups</u>	12	<u>Lemon Crumb Muffins</u>	13	Oatmeal	14	<u>Breakfast Burritos</u>
15	Cinnamon Rolls	16	<u>Strawberry Cheesecake</u> <u>French Toast Bake</u>	17	<u>Strawberry Cheesecake</u> <u>French Toast Bake</u> Leftovers	18	<u>Lemon Crumb Muffins</u>	19	<u>Breakfast Pizza</u>	20	<u>Lemon Crumb Muffins</u>	21	<u>Breakfast Biscuits</u>
22	Cinnamon Rolls	23	<u>Make Ahead Breakfast Sliders</u>	24	<u>Milk & Cereal</u> <u>Breakfast Popsicles</u>	25	<u>Make Ahead Breakfast Sliders</u>	26	<u>Milk & Cereal</u> <u>Breakfast Popsicles</u>	27	<u>Strawberry Lemonade</u> <u>Donuts</u>	28	<u>Breakfast Burritos</u>
29	Cinnamon Rolls	30	<u>Patriotic Red Velvet Pancakes & Berries</u>	31	<u>Strawberry Lemonade</u> <u>Donuts</u>								

MAY 2016 SNACK MEAL PLAN

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2	<u>Banana Cereal Snacks</u>	3	<u>Hawaiian Grilled Cheese</u>	4	<u>Banana Cereal Snacks</u>	5	<u>Orange Fruit Cups</u>	6	<u>Banana Cereal Snacks</u>	7	<u>Orange Fruit Cups</u>
8		9	<u>Orange Fruit Cups</u>	10	<u>Fruit Kebabs</u>	11	<u>Cucumber Patio Pizza</u>	12	<u>Fruit Kebabs</u>	13	<u>Cucumber Patio Pizza</u>	14	<u>Fruit Kebabs</u>
15		16	<u>Fruit Pizzas</u>	17	<u>Ham & Cheese Roll Ups</u>	18	<u>Egg Salad Sandwiches</u>	19	<u>Egg Salad Sandwiches</u>	20	<u>Ham & Cheese Roll Ups</u>	21	Fruit Salad
22		23	Fruit Salad	24	<u>Cucumber Sandwiches</u>	25	<u>Watermelon Pops</u>	26	<u>Cucumber Sandwiches</u>	27	<u>Cereal Bars</u>	28	<u>Watermelon Pops</u>
29		30	<u>Cereal Bars</u>	31	<u>Watermelon Pops</u>								

MAY 2016 DINNER MEAL PLAN

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Leftover Free-for- All	2	<u>Creamy Shrimp Enchiladas</u>	3	<u>Crock-pot Sloppy Joes</u>	4	<u>Garlic Roasted Chicken & Potatoes</u>	5	<u>Tacos</u>	6	<u>Bruschetta Chicken Pasta</u>	7	<u>Southwest Taco Burgers</u>
8	Leftover Free-for- All	9	<u>Meatloaf</u>	10	<u>Meat Lover Pizza Pasta Bake</u>	11	<u>Chorizo Potato Tacos</u>	12	<u>Easy Honey Mustard Chicken</u>	13	<u>Slow Cooker Southern Pulled Pork</u>	14	<u>Salmon Burgers</u>
15	Leftover Free-for- All	16	<u>Shrimp & Angel Hair Pasta</u>	17	<u>Skillet Chicken in Red Wine Vinegar Sauce</u>	18	<u>Bruschetta Chicken Bake</u>	19	<u>Bacon Grilled Cheese Braid</u>	20	<u>Tacos</u>	21	<u>Southern Oven Fried Chicken</u>
22	Leftover Free-for- All	23	<u>Chicken Teriyaki & Fried Rice</u>	24	<u>Cheesy Kielbasa Bake</u>	25	<u>Taco Bundles</u>	26	<u>Black Bean Enchiladas</u>	27	<u>Cajun Baked Catfish</u>	28	<u>Pizza Burgers</u>
29	Leftover Free-for- All	30	Memorial Day Cook-out	31	<u>Crock-pot BBQ Chicken Sandwiches</u>								

Weekly Meal Plan

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	Date	Breakfast	Snack	Dinner
Sunday	5/1	Cinnamon Rolls		Leftover Free-for-All
Monday	5/2	<u>Mexican Breakfast Casserole</u>	<u>Banana Cereal Snacks</u>	<u>Creamy Shrimp Enchiladas</u>
Tuesday	5/3	<u>Mexican Breakfast Casserole</u> Leftovers	<u>Hawaiian Grilled Cheese Sandwich</u>	<u>Crock-pot Sloppy Joes</u>
Wednesday	5/4	<u>Banana Bread Donut Holes</u>	<u>Banana Cereal Snacks</u>	<u>Garlic Roasted Chicken & Potatoes</u>
Thursday	5/5	<u>Break-fast Quesadillas</u>	<u>Orange Fruit Cups</u>	<u>Tacos</u>
Friday	5/6	<u>Banana Bread Donut Holes</u>	<u>Banana Cereal Snacks</u>	<u>Bruschetta Chick-en Pasta</u>
Saturday	5/7	<u>Break-fast Biscuits</u>	<u>Orange Fruit Cups</u>	<u>Southwest Taco Burgers</u>

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	Date	Breakfast	Snack	Dinner
Sunday	5/8	Cinnamon Rolls		Leftover Free-for-All
Monday	5/9	<u>Ham & Cheese Egg Cups</u>	<u>Orange Fruit Cups</u>	<u>Meatloaf</u>
Tuesday	5/10	<u>Lemon Crumb Muffins</u>	<u>Fruit Kebabs</u>	<u>Meat Lover Pizza Pasta Bake</u>
Wednesday	5/11	<u>Ham & Cheese Egg Cups</u>	<u>Cucumber Patio Pizza</u>	<u>Chorizo Potato Tacos</u>
Thursday	5/12	<u>Lemon Crumb Muffins</u>	<u>Fruit Kebabs</u>	<u>Easy Honey Mustard Chicken</u>
Friday	5/13	Oatmeal	<u>Cucumber Patio Pizza</u>	<u>Slow Cooker Pulled Pork</u>
Saturday	5/14	<u>Breakfast Burritos</u>	<u>Fruit Kebabs</u>	<u>Easy Salmon Burgers</u>

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	Date	Breakfast	Snack	Dinner
Sunday	5/15	Cinnamon Rolls		Leftover Free-for-All
Monday	5/16	<u>Strawberry Cheesecake</u> <u>French Toast Bake</u>	<u>Fruit Pizzas</u>	<u>Garlic Parmesan Shrimp</u> <u>& Angel Hair</u>
Tuesday	5/17	<u>Strawberry Cheesecake</u> <u>French Toast Bake</u> Leftovers	<u>Ham & Cheese Roll Ups</u>	<u>Skillet Chick-en Thighs in</u> <u>Red Wine Vinegar Sauce</u>
Wednesday	5/18	<u>Lemon Crumb Muffins</u>	<u>Egg Salad Sandwiches</u>	<u>Bruschetta Chick-en</u> <u>Bake</u>
Thursday	5/19	<u>Breakfast Pizza</u>	<u>Egg Salad Sandwiches</u>	<u>Bacon Grilled Cheese</u> <u>Braid</u>
Friday	5/20	<u>Lemon Crumb Muffins</u>	<u>Ham & Cheese Roll Ups</u>	<u>Tacos</u>
Saturday	5/21	<u>Breakfast Biscuits</u>	Fruit Salad	<u>Southern Oven Fried</u> <u>Chick-en</u>

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	Date	Breakfast	Snack	Dinner
Sunday	5/22	Cinnamon Rolls		Leftover Free-for-All
Monday	5/23	<u>Make Ahead Breakfast Sliders</u>	Fruit Salad	<u>Chicken Teriyaki & Fried Rice</u>
Tuesday	5/24	<u>Milk & Cereal Breakfast Popsicles</u>	<u>Cucumber Sandwiches</u>	<u>Cheesy Kielbasa Bake</u>
Wednesday	5/25	<u>Make Ahead Breakfast Sliders</u>	<u>Watermelon Pops</u>	<u>Taco Bundles</u>
Thursday	5/26	<u>Milk & Cereal Breakfast Popsicles</u>	<u>Cucumber Sandwiches</u>	<u>Black Bean Enchiladas</u>
Friday	5/27	<u>Strawberry Lemonade Donuts</u>	<u>Cereal Bars</u>	<u>Cajun Baked Catfish</u>
Saturday	5/28	<u>Breakfast Burritos</u>	<u>Watermelon Pops</u>	<u>Pizza Burgers</u>

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	Date	Breakfast	Snack	Dinner
Sunday	5/29	Cinnamon Rolls		Leftover Free-for-All
Monday	5/30	<u>Patriotic Red Velvet Pancakes & Berries</u>	<u>Cereal Bars</u>	Memorial Day Cook-out
Tuesday	5/31	<u>Strawberry Lemonade Donuts</u>	<u>Watermelon Pops</u>	<u>Crock-pot Barbecue Chicken Sandwiches</u>
Wednesday	6/1			
Thursday	6/2			
Friday	6/3			
Saturday	6/4			