



# The Gracious Wife

Graciously serving the Whole Home

# Monthly Meal Plan

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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.

# SEPTEMBER 2016 BREAKFAST MEAL PLAN

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1		2		3	
									<u>To-Go Baked Oatmeal</u>		<u>Cheesy Baked Egg Toast</u>		<u>Break-fast Burritos</u>
4	Cinnamon Rolls	5	<u>Easy Egg Casserole</u>	6	Easy Egg Casserole Leftovers	7	<u>Apple Crumb Muffins</u>	8	<u>Breakfast Quesadillas</u>	9	<u>Apple Crumb Muffins</u>	10	<u>Ham, Egg, &amp; Cheese Monkey Bread</u>
11	Cinnamon Rolls	12	<u>Chive Ham &amp; Cheese Pancake Sandwiches</u>	13	<u>Chive Ham &amp; Cheese Pancake Sandwiches</u>	14	<u>Apple Crumb Muffins</u>	15	<u>Apple Butter on Toast</u>	16	<u>Apple Crumb Muffins</u>	17	<u>Break-fast Burritos</u>
18	Cinnamon Rolls	19	<u>Apple Butter on Toast</u>	20	<u>Break-fast Quesadillas</u>	21	<u>Pumpkin Muffins</u>	22	<u>To-Go Baked Oatmeal</u>	23	<u>Pumpkin Muffins</u>	24	<u>Pumpkin Pancakes</u>
25	Cinnamon Rolls	26	<u>Crock-pot Apple Oatmeal</u>	27	<u>Birthday Cinnamon Rolls</u>	28	<u>Pumpkin Muffins</u>	29	<u>To-Go Baked Oatmeal</u>	30	<u>Pumpkin Muffins</u>		

# SEPTEMBER 2016 SNACK MEAL PLAN

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1	<u>Banana Dogs</u>	2	<u>Clementine Pumpkins</u>	3	<u>Banana Dogs</u>
4		5	<u>Clementine Pumpkins</u>	6	<u>Apple Dippers</u>	7	<u>Clementine Pumpkins</u>	8	<u>Apple Dippers</u>	9	<u>Fish in the River</u>	10	<u>Fish in the River</u>
11		12	<u>Apple Nachos</u>	13	<u>Orange Fruit Cups</u>	14	<u>Mini Corn Dog Muffins</u>	15	<u>Orange Fruit Cups</u>	16	<u>Apple Nachos</u>	17	<u>Mini Corn Dog Muffins</u>
18		19	<u>Harvest Hash</u>	20	<u>Banana Cereal Snacks</u>	21	<u>Pizza Kabobs</u>	22	<u>Banana Cereal Snacks</u>	23	<u>Harvest Hash</u>	24	<u>Pizza Kabobs</u>
25		26	<u>Harvest Hash</u>	27	<u>Apple Smiles</u>	28	<u>Candy Corn Fruit Cups</u>	29	<u>Apple Smiles</u>	30	<u>Candy Corn Fruit Cups</u>		

# SEPTEMBER 2016 DINNER MEAL PLAN

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1	<u>Sloppy Joe</u> <u>Mac &amp; Cheese</u>	2	<u>Catfish</u> <u>Nuggets</u>	3	Grilled Hot Dogs
4	Leftover Free-for-All	5	<u>Garlic Roasted Chicken &amp; Potatoes</u>	6	<u>Crock-pot Pork Roast</u>	7	<u>Chicken in Dijon Cream</u>	8	<u>Chicken Pot Pie Crescent Braid</u>	9	<u>Meatloaf</u>	10	<u>Pineapple Teriyaki Burgers</u>
11	Leftover Free-for-All	12	<u>Penne Salami Bake</u>	13	<u>Tacos</u>	14	<u>Tater Tot Casserole</u>	15	<u>Pizza Sloppy Joes</u>	16	<u>Creamy Slow Cooker Potatoes with Sausage &amp; Chives</u>	17	Grilled Chicken
18	Leftover Free-for-All	19	<u>Three Cheese Enchiladas</u>	20	<u>Barbecue Chicken Salad</u>	21	<u>Southwest Bean Chowder</u>	22	<u>Unstuffed Peppers</u>	23	<u>Southern Corn Chowder</u>	24	<u>Taco Burgers</u>
25	Leftover Free-for-All	26	<u>Sriracha Ranch Shrimp Sliders</u>	27	<u>Creamed Chipped Beef</u>	28	<u>Tacos</u>	29	<u>5 Cheese Stuffed Shells</u>	30	<u>Pizza Burgers</u>		

# Weekly Meal Plan

Brought to you from TheGraciousWife.com

	Date	Breakfast	Snack	Dinner
Sunday	8/28	Cinnamon Rolls		Leftover Free-for-All
Monday	8/29			
Tuesday	8/30			
Wednesday	8/31			
Thursday	9/1	<u>To-Go Baked Oatmeal</u>	<u>Banana Dogs</u>	<u>Sloppy Joe Mac and Cheese</u>
Friday	9/2	<u>Cheesy Baked Egg Toast</u>	<u>Clementine Pumpkins</u>	<u>Catfish Nuggets</u>
Saturday	9/3	<u>Breakfast Burritos</u>	<u>Banana Dogs</u>	Grilled Hot Dogs

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	Date	Breakfast	Snack	Dinner
Sunday	9/4	Cinnamon Rolls		Leftover Free-for-All
Monday	9/5	<u>Easy Egg Breakfast Casserole</u>	<u>Clementine Pumpkins</u>	<u>Garlic Roasted Chicken &amp; Potatoes</u>
Tuesday	9/6	Easy Egg Breakfast Casserole Leftovers	<u>Apple Dippers</u>	<u>Crockpot Pork Roast</u>
Wednesday	9/7	<u>Apple Crumb Muffins</u>	<u>Clementine Pumpkins</u>	<u>Chicken in Dijon Cream</u>
Thursday	9/8	<u>Breakfast Quesadillas</u>	<u>Apple Dippers</u>	<u>Chicken Pot Pie Crescent Braid</u>
Friday	9/9	<u>Apple Crumb Muffins</u>	<u>Fish in the River</u>	<u>Meatloaf</u>
Saturday	9/10	<u>Ham, Egg, &amp; Cheese Monkey Bread</u>	<u>Fish in the River</u>	<u>Pineapple Teriyaki Burgers</u>

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	Date	Breakfast	Snack	Dinner
Sunday	9/11	Cinnamon Rolls		Leftover Free-for-All
Monday	9/12	<u>Chive, Ham, &amp; Cheese Pancake Sandwiches</u>	<u>Apple Nachos</u>	<u>Penne Salami Bake</u>
Tuesday	9/13	<u>Chive, Ham, &amp; Cheese Pancake Sandwiches</u>	<u>Orange Fruit Cups</u>	<u>Tacos</u>
Wednesday	9/14	<u>Apple Crumb Muffins</u>	<u>Mini Corn Dog Muffins</u>	<u>Tater Tot Casserole</u>
Thursday	9/15	<u>Apple Butter</u> on Toast	<u>Orange Fruit Cups</u>	<u>Pizza Sloppy Joes</u>
Friday	9/16	<u>Apple Crumb Muffins</u>	<u>Apple Nachos</u>	<u>Slow Cooker Potatoes with Sausage &amp; Potatoes</u>
Saturday	9/17	<u>Break-fast Burritos</u>	<u>Mini Corn Dog Muffins</u>	Grilled Chicken



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	Date	Breakfast	Snack	Dinner
Sunday	9/18	Cinnamon Rolls		Leftover Free-for-All
Monday	9/19	<u>Apple Butter</u> on Toast	<u>Harvest Hash</u>	<u>Three Cheese Enchiladas</u>
Tuesday	9/20	<u>Break-fast Quesadillas</u>	<u>Banana Cereal Snacks</u>	<u>Barbecue Chick-en Salad</u>
Wednesday	9/21	<u>Pumpkin Muffins</u>	<u>Pizza Kabobs</u>	<u>Southwest Bean Chowder</u>
Thursday	9/22	<u>To-Go Baked Oatmeal</u>	<u>Banana Cereal Snacks</u>	<u>Unstuffed Peppers</u>
Friday	9/23	<u>Pumpkin Muffins</u>	<u>Harvest Hash</u>	<u>Southern Corn Chowder</u>
Saturday	9/24	<u>Pumpkin Pancakes</u>	<u>Pizza Kabobs</u>	<u>Taco Burgers</u>

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	Date	Breakfast	Snack	Dinner
Sunday	9/25	Cinnamon Rolls		Leftover Free-for-All
Monday	9/26	<u>Crockpot Apple Oatmeal</u>	<u>Harvest Hash</u>	<u>Sriracha Ranch Shrimp Sliders</u>
Tuesday	9/27	<u>Birthday Confetti Cinnamon Rolls</u>	<u>Apple Smiles</u>	<u>Creamed Chipped Beef</u>
Wednesday	9/28	<u>Pumpkin Muffins</u>	<u>Candy Corn Fruit Cups</u>	<u>Tacos</u>
Thursday	9/29	<u>To-Go Baked Oatmeal</u>	<u>Apple Smiles</u>	<u>5 Cheese Stuffed Shells</u>
Friday	9/30	<u>Pumpkin Muffins</u>	<u>Candy Corn Fruit Cups</u>	<u>Pizza Burgers</u>
Saturday	10/1			