

# MOM

OF THE MOMENT

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## MEAL PLAN

### MONDAY

Meatless or Misc.

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Eggplant Parmesan

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Vegetable soup  
Grilled cheese  
Salad

### TUESDAY

Tacos

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Beef tacos  
Crunchy shells  
Avocado

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Sausage breakfast  
burritos

### WEDNESDAY

Rotisserie

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Rotisserie chicken  
Mashed potatoes  
Corn on the cob  
Broccoli

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Rotisserie chicken  
Baked potatoes  
Peas

### THURSDAY

Pasta

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Spaghetti  
Red sauce with  
hamburger  
Breadsticks

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Penne  
Alfredo with chicken  
Breadsticks

### FRIDAY

Fish or Pizza

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Baked fish fillets  
Mac 'n cheese  
Broccoli

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Homemade pepperoni  
pizza  
Salad

### SUNDAY\*

Slow Cooker

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Pork roast  
Carrots  
Potatoes  
Onions

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Chicken paprika

**\*SATURDAY IS FOR EATING OUT**