



WANNABE *Balanced Mom*



DINNER MEAL PLAN 2

OCTOBER

MONDAY

Chili w/ground turkey
string cheese and olive
eyeballs

TUESDAY

Jack O'Lantern
Grilled Cheese on Wheat
Bread w/ Frankenstein Grapes

SHOPPING LIST

2 Bell peppers
Onion
Garlic
Grapes
Cucumbers
Green apples
Raspberries
Eggs
Plain Kefir
Sour Cream
Hummus
Crackers
Nuts
Peanut Butter
Oatmeal flour
Pasta
Croissant dough
Chicken
Chicken nuggets
2 Cans diced tomatoes
2 Cans kidney beans
Canned Pineapple
Canned Mandarin
Oranges
Mini Marshmallows
Pumpkin Spice Protein
Powder

WEDNESDAY

Spaghetti Stuffed
Jack O'Lanterns
w/ Broccoli and
Fresh Strawberries

THURSDAY

Mummy Hot Dogs
w/ Skeleton Veggie Tray

FRIDAY

Jack O'Lantern
Quesa Dilla w/ Dinner
Salad

NOTES



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