

# WANNABE *Balanced Mom*

## DINNER MEAL PLAN 1

### MONDAY

Spag. Squash w/ Turkey  
Meat Sauce  
Ceasar Salad and  
Garlic Bread

### TUESDAY

Teriyaki Steak  
and Broccoli over  
Brown Rice

### SHOPPING LIST

Broccoli  
Spinach  
Lettuce  
Romaine Lettuce  
Spag. squash  
Cherry Tomatoes  
Bell Peppers  
Sour Cream  
Shredded Cheese  
Fresh Mozzarella  
Mozzerella Balls  
Parmesan Cheese  
Ceaser Dressing  
Italian Dressing  
Pepperchinis  
BBQ Sauce  
Teriyaki Sauce  
Croutons  
Corn or Flour Tortillas  
Flat Bread  
French Bread w/ garlic  
butter  
Pasta noodles  
Spag. noodles  
Brown rice  
Canned enchilada sauce  
Canned chopped green  
chilis  
Steak  
Chicken

### WEDNESDAY

Chicken Enchiladas  
w/ dinner salad

### THURSDAY

Pasta Salad

### FRIDAY

BBQ Chicken Pizza  
on flat bread

### NOTES

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@WannabeBalanced