

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

- Consider varying your menu based on type of main course. For example, every Monday is a beef meal, Tuesday is a chicken meal, Wednesday is leftovers, Thursday is pork and Friday is fish/seafood. Weekends are open for discussion or last minute changes.
- Make one or more nights “Breakfast for Dinner” or “Vegetarian Night”.
- Use crock pot and freezer meals to simplify planning and preparation.