

# ♥ WHAT IS ♥ FOR DINNER?

## MAKE MEAL PLANNING EASY

Fill in the rectangles with meal ideas.  
Use the two pages of suggestions if desired.  
Cut out the rectangles with dinner options.  
Place them in the weekly menu grid.

For maximum variety, do three weeks at a time with different options.

For more free printables, visit  
me online at [laurakellydesigns.com](http://laurakellydesigns.com)

♥ Laura Kelly

SPAGHETTI

PIZZA

HAMBURGERS

TACO BAR

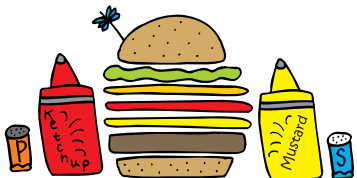
SOUP AND SANDWICHES

BAKED CHICKEN

BAKED POTATO BAR

STIR FRY

GRILLED KABOBS



**Dinner Ideas for Healthy Meal Planning**  
(Cut apart the ideas. Fold and put in a bowl. Draw and assign to days.)

PORK CHOPS

BARBEQUE

CHICKEN POT PIE

SHRIMP AND GRITS

STEW OR CHILI

BAKED SALMON

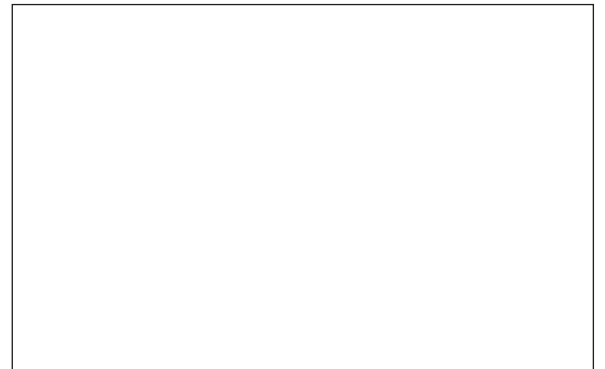
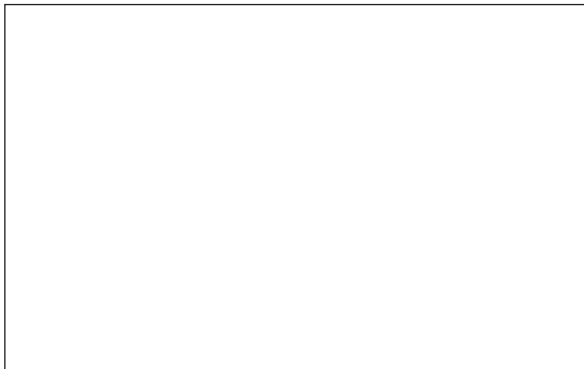
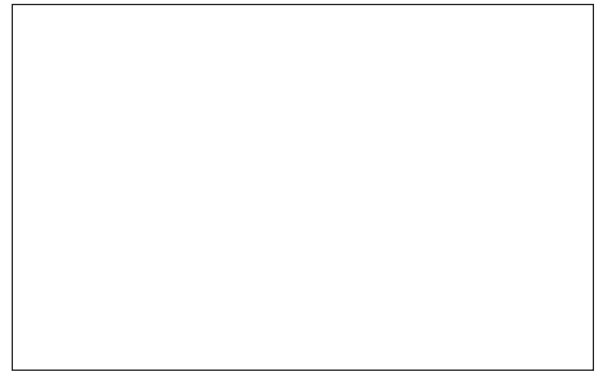
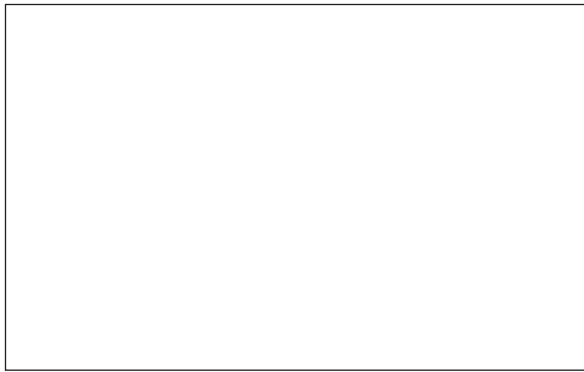
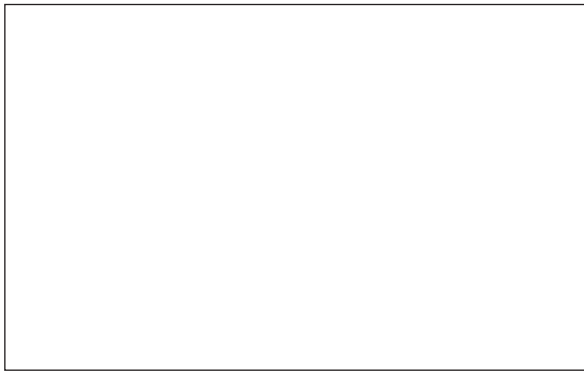
EGGS AND BACON

STEAKS

BAKED ZITI



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WHAT  
IS  
FOR  
DINNER?



Week Of:

Sunday

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

 WHAT  
IS FOR  DINNER?  


Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Week Of: