

Monthly dinner calendar

Month of _____

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	Monday PASTA NIGHT	Tuesday TACO OR WRAP NIGHT	Wednesday ONE-POT NIGHT	Thursday LEFTOVERS REMIX	Friday PIZZA NIGHT	Saturday BATCH-COOK NIGHT	Sunday ROAST OR BIG POT
Week 1 _____							
Week 2 _____							
Week 3 _____							
Week 4 _____							

FREEZER AND LEFTOVERS

BIG SHOP DAYS

NIGHTS OUT OR TAKEOUT

Sample month: 28 dinners that rotate

Four weeks, seven theme nights, nothing cooked twice in a row

	Monday PASTA NIGHT	Tuesday TACO OR WRAP NIGHT	Wednesday ONE-POT NIGHT	Thursday LEFTOVERS REMIX	Friday PIZZA NIGHT	Saturday BATCH-COOK NIGHT	Sunday ROAST OR BIG POT
Week 1 _____	Spaghetti and meat sauce (double)	Beef tacos, cabbage slaw	Lentil and carrot soup, grilled cheese	Fried rice with leftover chicken	Margherita pizza, build your own	Chili, double batch for the freezer	Roast chicken, potatoes, carrots
Week 2 _____	Baked ziti with spinach	Chicken fajita wraps	Chicken noodle soup	Chili over baked potatoes (freezer)	Pizza with peppers and sausage	Beef stew, mashed potatoes	Pork shoulder, apples, cabbage
Week 3 _____	Pesto pasta, cherry tomatoes	Fish tacos, lime crema	Minestrone, crusty bread	Stew over egg noodles	White pizza, mushrooms	Turkey meatballs, big tray	Sunday breakfast for dinner
Week 4 _____	Mac and cheese, broccoli	Black bean burritos	Sausage and white bean soup	Meatball subs	Pizza, whatever is left in the fridge	Lasagna, one for now, one to freeze	Roast beef, Yorkshire pudding

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Tip: fix the theme nights first, fill the dates after. Shop twice a month for the big items, weekly for fresh produce.