

2023

April

Out
leftovers
veg

sunday
march 2023

su	m	t	w	th	f	sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

monday
may 2023

su	m	t	w	th	f	sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

tuesday

wednesday

thursday

friday

saturday

Out
teriyaki
tofu

santitas
quesadillas

minestrone

leftovers
quesadillas

teriyaki
quinoa

pesto
pasta

ham
steak

angel
spaghetti
w/ squash

Out
leftovers
meatless

minestrone

Thai red
curry

Parm
chicken

Out
Subway

breakfast
burritos

Out
Frank's
margarita
pizza

Out
Pao
Noodle
Bar

Out
Wood Jip

Mushroom
Rigatoni

Frozen
Indian

Chicken
fajitas

Out
Sweet
greens

Out
Lips
(Bag Shaw)

lasagna
w/ side + beef

Out
Chipotle
Bean Soup

leftovers
lasagna

leftovers
lasagna

Tuna
Rice
Bowl

Breakfast
Burritos

Beef
Noodles

Out
Bangkok
Thai

notes & such

DO SOMETHING CREATIVE EVERY DAY®