

Dinner Categories

+ 21 DAY PLAN

Monday **Chinese Night**
Tuesday **Casserole Night**
Wednesday **Indian Night**
Thursday **Burger Night**
Friday **Fish Night**
Saturday **Pizza Night**
Sunday **Southern Comfort**

Monday **Italian Night**
Tuesday **Taco Night**
Wednesday **Crockpot Night**
Thursday **Mediterranean Night**
Friday **Fun Food Night**
Saturday **Breakfast for Dinner**
Sunday **Casserole Night**

Monday **Mexican Night**
Tuesday **Pasta Night**
Wednesday **BBQ Night**
Thursday **Grilled Sandwichs**
Friday **Salad Night**
Saturday **Rice Bowl Night**
Sunday **Burger Night**

WEEK 1

WEEK 2

WEEK 3

American	Cheese burgers, Pizza, Chicken fried steak, Roast and potatoes, Steak and potatoes, Stuffed peppers
BBQ	Brisket, Ribs, Bbq chicken over grits
Breakfast	Waffles, French toast, Egg casserole, Frittatas, Breakfast crepes
Burger	Green chili burgers, Quesadilla burgers, Bacon and cheddar, Caramelized onion and goat cheese burgers
Casserole	Shepherd's pie, Taco casserole, Cheeseburger casserole, Stuffed pepper casserole
Chinese	Orange chicken, Beef stir-fry
Crockpot	Pot Roast, Barbacoa Tacos, Crockpot Meatballs, Chicken & Dumplings
Fish	Fish and chips, Blackened salmon, Grilled lemon garlic tilapia
Fun Food	Fish sticks, Mozzarella sticks, Jalapeño poppers, Mac & cheese
Grilled sandwich	Grilled cheese w/tomato bisque, Hot rubeens, Pastrami melts, Chicken and pesto, Meatball subs
Indian	Butter chicken, Chicken tikka masala, Samosas
Italian	Spaghetti and meatballs, Fettuccine alfredo, Chicken piccata, Pasta bolognese
Mediterranean	Greek wraps, Lamb kabobs, Chicken greek salad
Mexican	Green or red enchiladas, Chicken quesadillas, Mexican egg rolls, Chimichangas
Nacho	Mexican or Italian
Pasta	Mac & cheese, Spaghetti and meatballs, Baked ziti, Lasagna, Beef stroganoff over pasta, Pasta primavera
Pizza	Pepperoni, Peach balsamic, Alfredo chicken
Rice bowl	Teriyaki bowl, Chicken shawarma bowl, Korean beef bowl, Veggie stir-fry bowl
Salad	Taco salad, Steak salad, Asian chopped salad with chicken, Chicken caesar salad
Southern comfort	Chicken fried steak, Biscuits and sausage gravy, Chkn pot pie, Swedish meatballs over mashed potatoes
Taco	Fish tacos, Taco salad, Street tacos, Jerk chicken tacos
Wrap	Buffalo chicken wraps, Greek wraps