

# FIVE DAY PLANNER

easy meal plan template  
for the fall/winter

[WWW.THEPALMETTOMOM.COM](http://WWW.THEPALMETTOMOM.COM)

## SLOW COOKER MONDAY

BBQ CHICKEN  
SANDWICHES

EASY CHICKEN AND  
DRESSING

PORK TENDERLOIN  
WITH MUSHROOMS

MACARONI AND  
CHEESE

CHICKEN TACOS

## BREAKFAST TUESDAY

BANANA MUFFINS,  
SCRAMBLED EGGS  
AND FRUIT  
SMOOTHIES

SAUSAGE AND EGG  
CASSEROLE

BISCUITS WITH  
SAUSAGE GRAVY

FRENCH TOAST BAKE  
AND GRITS

EGGS, TOAST AND  
BACON

## SHEET PAN WEDNESDAY

TURKEY SAUSAGE,  
SWEET POTATOES  
AND ONIONS

CHICKEN AND  
VEGGIES WITH  
RANCH

RAVIOLI BAKE

BAKED POTATO BAR

FAJITA CHICKEN

## MEXICAN FOOD THURSDAY

CHICKEN AND  
CREAM CHEESE  
ENCHILADAS

TACO BAR

FAJITA SALAD

BEEF AND CHEESE  
QUESADILLAS

WALKING TACOS

## CLASSICS FRIDAY

PIZZA NIGHT

HAMBURGERS AND  
FRIES

LASAGNA

SPAGHETTI AND  
MEATBALLS

BLT SANDWICHES  
AND FRUIT

# WEEKEND BONUSES

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## SOUP SATURDAY

TACO SOUP

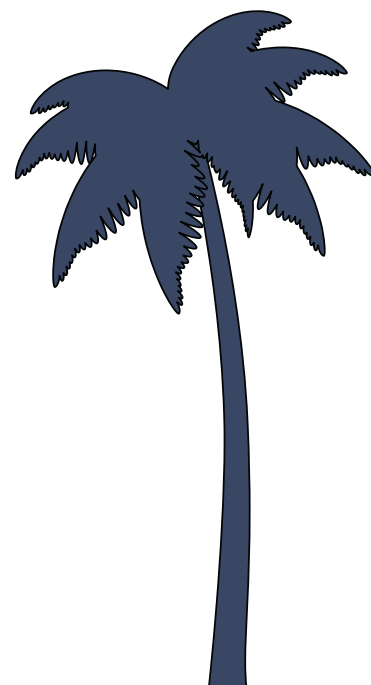
SLOW COOKER  
CHICKEN TORTILLA  
SOUP

VEGETABLE SOUP

CHICKEN AND WILD  
RICE SOUP

CHICKEN NOODLE  
SOUP

BEEF STEW



## FOOTBALL SNACKS

DILL OYSTER  
CRACKERS

CLASSIC CHIPS AND  
QUESO

MEXICAN CORN DIP

POPCORN BAR

VEGGIES AND  
RANCH DIP

CHEESE AND  
CRACKERS, GRAPES,  
AND OLIVES

## SUNDAY SUPPERS

ROAST BEEF WITH  
POTATOES AND  
VEGGIES

PORK CHOPS WITH RICE

CUBED STEAK AND  
MASHED POTATOES

ROAST CHICKEN AND  
SWEET POTATOES

HAMBURGER  
CASSEROLE

## SWEET TREATS

PEANUT BUTTER  
BROWNIES

HAYSTACKS

MONSTER COOKIES

APPLE COOKIES

CHOCOLATE CHIP  
POUND CAKE

PEANUT BUTTER  
BLOSSOM COOKES