

# 30 DAY Quick & Easy Meal Plan

<p><b>DAY 1</b></p> <p><b>POT ROAST</b></p> <p>BAG N' SEASON BAG ROAST CARROTS POTATOES</p>	<p><b>DAY 2</b></p> <p><b>SPAGHETTI</b></p> <p>HAMBURGER NOODLES MARINARA SAUCE GARLIC BREAD</p>	<p><b>DAY 3</b></p> <p><b>CHICKEN WRAPS</b></p> <p>TORTILLA SHELLS CRISPY CHICKEN SHREDDED CHEESE LETTUCE RANCH DRESSING</p>	<p><b>DAY 4</b></p> <p><b>DIY PIZZAS</b></p> <p>SMALL PIZZAS PIZZA SAUCE MONZERELLA CHEESE PEPPORONI</p>	<p><b>DAY 5</b></p> <p><b>BLTS</b></p> <p>BREAD BACON LETTUCE TOMATOES MAYO</p>
<p><b>DAY 6</b></p> <p><b>GRILLED CHEESE</b></p> <p>GRILLED CHEESE TOMATOE SOUP</p>	<p><b>DAY 7</b></p> <p><b>CHICKEN ALFREDO</b></p> <p>NOODLES CHICKEN ALFREDO SAUCE</p>	<p><b>DAY 8</b></p> <p><b>QUESADILLAS</b></p> <p>TORTILLA SHELLS HAMBURGER CHEESE MILD SAUCE SALSA   SOUR CREAM</p>	<p><b>DAY 9</b></p> <p><b>STEAK</b></p> <p>BAKED POTATOES BUTTER SOUR CREAM CHEESE STEAK</p>	<p><b>DAY 10</b></p> <p><b>CHICKEN AND RICE</b></p> <p>CHICKEN RICE CREAM OF CHICKEN SOUP SHREDDED CHEESE</p>
<p><b>DAY 11</b></p> <p><b>TACOS</b></p> <p>SHELLS TACO MEAT SHREDDED CHEESE LETTUCE SOUR CREAM</p>	<p><b>DAY 12</b></p> <p><b>CHILI</b></p> <p>NOODLES TOMATOES HAMBURGER TOMATOE JUICE CHILI POWDER</p>	<p><b>DAY 13</b></p> <p><b>GRILLED CHEESE</b></p> <p>TOMATO SOUP</p>	<p><b>DAY 14</b></p> <p><b>BREAKFAST FOR DINNER</b></p> <p>BACON EGGS TOAST</p>	<p><b>DAY 15</b></p> <p><b>PIGS IN A BLANKET</b></p> <p>CRESCENT ROLLS HOT DOGS KETCHUP</p>
<p><b>DAY 16</b></p> <p><b>HAM SANDWICHES</b></p> <p>DELI HAM HAWAIIAN ROLLS BUTTER   MAYO</p>	<p><b>DAY 17</b></p> <p><b>CHICKEN NUGGETS</b></p> <p>CHICKEN NUGGETS FRENCH FRIES</p>	<p><b>DAY 18</b></p> <p><b>TATOR TOT CASSEROLE</b></p> <p>TATORTOTS HAMBURGER CREAM OF MUSHROOM SOUP SHREDDED CHEESE CORN</p>	<p><b>DAY 19</b></p> <p><b>PIZZA BAKE</b></p> <p>ROTINI NOODLES PIZZA SAUCE MONZERELLA CHEESE MINI PEPPERONI</p>	<p><b>DAY 20</b></p> <p><b>COOK OUT</b></p> <p>CHEESEBURGERS BRATS HOT DOGS</p>
<p><b>DAY 21</b></p> <p><b>BREAKFAST FOR DINNER</b></p> <p>PANCAKES BACON FRUIT</p>	<p><b>DAY 22</b></p> <p><b>MAC N CHEESE</b></p> <p>MACARONI AND CHEESE HOT DOGS</p>	<p><b>DAY 23</b></p> <p><b>WALKING TACOS</b></p> <p>SMALL BAGS OF CHIPS TACO MEAT LETTUCE CHEESE SOUR CREAM</p>	<p><b>DAY 24</b></p> <p><b>BBQ CHICKEN</b></p> <p>CHICKEN BBQ SAUCE</p>	<p><b>DAY 25</b></p> <p><b>CHICKEN SALAD</b></p> <p>GRILLED CHICKEN LETTUCE SHREDDED CHEESE DRESSING</p>
<p><b>DAY 26</b></p> <p><b>SHREDDED BBQ PORK</b></p> <p>BBQ PORK BUNS</p>	<p><b>DAY 27</b></p> <p><b>STIR FRY</b></p> <p>CHICKEN NOODLES VEGGIES TERRIYAKI SAUCE</p>	<p><b>DAY 28</b></p> <p><b>CHICKEN NOODLE SOUP</b></p> <p>SOUP CRACKERS</p>	<p><b>DAY 29</b></p> <p><b>SUB SANDWICHES</b></p> <p>DIY ITEMS MEATS VEGGIES SAUCES</p>	<p><b>DAY 30</b></p> <p><b>HAM AND POTATOES</b></p> <p>HAM SCALLOPED POTATOES</p>