

MIX & MATCH MEAL PLAN

www.tandysquickmeals.com

MON

AM
NN
PM

TUES

AM
NN
PM

WED

AM
NN
PM

THU

AM
NN
PM

FRI

AM
NN
PM

SAT

AM
NN
PM

SUN

AM
NN
PM

BREAKFAST

- Oatmeal
- Pancakes
- Toast
- Yogurt
- Cereal
- Hardboiled egg
- scrambled eggs
- fruit
- cottage cheese
- nuts

LUNCH

- leftovers
- soup
- sandwich
- meat/cheese roll-up
- PB & J
- nuts
- tuna/egg salad
- steamed veg
- grilled cheese
- cottage cheese
- cheese/beef stick
- apple and PB

DINNER

- roasted fish
- grilled steak
- Sesame ckn
- lasagna
- LoMein
- Italian Ckn
- soup
- hot turkey and swiss sandwich
- meatball subs
- leftovers
- tacos
- roast
- fajitas

Tandy's
QUICK
MEALS