

# 6 MONTH MEAL PLAN

1st 5 Weeks

AModernHomestead.com

M	T	W	TH	F	Sat	Sun
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Shepherd's Pie	Turkey Sandwich Chips	Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Turkey Sandwich Chips	OUT	Shepherd's Pie
Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Turkey Sandwich Chips	Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Tomato Sauce Chicken Red Cabbage & Onions	Tomato Sauce Chicken Red Cabbage & Onions
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Waffles	Pancakes
Beef Stew, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	Beef Stew, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	OUT
Lemon Honey Chicken Rice and Veggies	Beef Stew, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	Beef Stew, Biscuits	Pancakes, Fruit	Beef Stew, Biscuits
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Burgers & Chips	Fried Chicken Baked Sweet Potatoes	Beans & Cornbread	Burgers & Chips	Fried Chicken Baked Sweet Potatoes	OUT	Burgers & Chips
Beans & Cornbread	Burgers & Chips	Fried Chicken Baked Sweet Potatoes	Beans & Cornbread	Burgers & Chips	Beans & Cornbread	Beans & Cornbread
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Chili	Roast & Veggies	Rice & Stir Fry	Chili	Roast & Veggies	Rice & Stir Fry	OUT
Rice & Stir Fry	Chili	Roast & Veggies	Rice & Stir Fry	Chili	Roast & Veggies	Chili
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Meatloaf Mashed Potatoes	Waffles	Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Waffles	OUT	Grilled Chicken Veggies
Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Waffles	Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Grilled Chicken Veggies	Meatloaf Mashed Potatoes

# 6 MONTH MEAL PLAN

2nd 5 Weeks

AModernHomestead.com

M	T	W	TH	F	Sat	Sun
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Shepherd's Pie	Pizza	Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Pizza	OUT	Shepherd's Pie
Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Pizza	Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Tomato Sauce Chicken Red Cabbage & Onions	Tomato Sauce Chicken Red Cabbage & Onions
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Waffles	Pancakes
Beef Stew, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	Beef Stew, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	OUT
Lemon Honey Chicken Rice and Veggies	Beef Stew, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	Beef Stew, Biscuits	Pancakes, Fruit	Beef Stew, Biscuits
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Burgers & Chips	Fried Chicken Baked Sweet Potatoes	Beans & Cornbread	Burgers & Chips	Fried Chicken Baked Sweet Potatoes	OUT	Burgers & Chips
Beans & Cornbread	Burgers & Chips	Fried Chicken Baked Sweet Potatoes	Beans & Cornbread	Burgers & Chips	Beans & Cornbread	Beans & Cornbread
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Chili	Fajitas	Rice & Stir Fry	Chili	Fajitas	Rice & Stir Fry	OUT
Rice & Stir Fry	Chili	Fajitas	Rice & Stir Fry	Chili	Fajitas	Chili
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Meatloaf Mashed Potatoes	Waffles	Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Waffles	OUT	Grilled Chicken Veggies
Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Waffles	Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Grilled Chicken Veggies	Meatloaf Mashed Potatoes

# 6 MONTH MEAL PLAN

3rd 5 Weeks

AModernHomestead.com

M	T	W	TH	F	Sat	Sun
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Shepherd's Pie	Turkey Sandwich Chips	Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Turkey Sandwich Chips	OUT	Shepherd's Pie
Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Turkey Sandwich Chips	Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Tomato Sauce Chicken Red Cabbage & Onions	Tomato Sauce Chicken Red Cabbage & Onions
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Waffles	Pancakes
Beef Stew, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	Beef Stew, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	OUT
Lemon Honey Chicken Rice and Veggies	Beef Stew, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	Beef Stew, Biscuits	Pancakes, Fruit	Beef Stew, Biscuits
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Burgers & Chips	Fried Chicken Baked Sweet Potatoes	Beans & Cornbread	Burgers & Chips	Fried Chicken Baked Sweet Potatoes	OUT	Burgers & Chips
Beans & Cornbread	Burgers & Chips	Fried Chicken Baked Sweet Potatoes	Beans & Cornbread	Burgers & Chips	Beans & Cornbread	Beans & Cornbread
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Chili	Roast & Veggies	Rice & Stir Fry	Chili	Roast & Veggies	Rice & Stir Fry	OUT
Rice & Stir Fry	Chili	Roast & Veggies	Rice & Stir Fry	Chili	Roast & Veggies	Chili
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Meatloaf Mashed Potatoes	Waffles	Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Waffles	OUT	Grilled Chicken Veggies
Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Waffles	Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Grilled Chicken Veggies	Meatloaf Mashed Potatoes

# 6 MONTH MEAL PLAN

4th 5 Weeks

AModernHomestead.com

M	T	W	TH	F	Sat	Sun
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Shepherd's Pie	Pizza	Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Pizza	OUT	Shepherd's Pie
Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Pizza	Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Tomato Sauce Chicken Red Cabbage & Onions	Tomato Sauce Chicken Red Cabbage & Onions
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Waffles	Pancakes
Potato Soup, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	Potato Soup, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	OUT
Lemon Honey Chicken Rice and Veggies	Potato Soup, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	Potato Soup, Biscuits	Pancakes, Fruit	Potato Soup, Biscuits
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Burgers & Chips	Fried Chicken Baked Sweet Potatoes	Beans & Cornbread	Burgers & Chips	Fried Chicken Baked Sweet Potatoes	OUT	Burgers & Chips
Beans & Cornbread	Burgers & Chips	Fried Chicken Baked Sweet Potatoes	Beans & Cornbread	Burgers & Chips	Beans & Cornbread	Beans & Cornbread
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Chili	Fajitas	Rice & Stir Fry	Chili	Fajitas	Rice & Stir Fry	OUT
Rice & Stir Fry	Chili	Fajitas	Rice & Stir Fry	Chili	Fajitas	Chili
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Meatloaf Mashed Potatoes	Waffles	Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Waffles	OUT	Grilled Chicken Veggies
Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Waffles	Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Grilled Chicken Veggies	Meatloaf Mashed Potatoes

# 6 MONTH MEAL PLAN

5th 5 Weeks

AModernHomestead.com

M	T	W	TH	F	Sat	Sun
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Shepherd's Pie	Turkey Sandwich Chips	Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Turkey Sandwich Chips	OUT	Shepherd's Pie
Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Turkey Sandwich Chips	Tomato Sauce Chicken Red Cabbage & Onions	Shepherd's Pie	Tomato Sauce Chicken Red Cabbage & Onions	Tomato Sauce Chicken Red Cabbage & Onions
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Waffles	Pancakes
Potato Soup, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	Potato Soup, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	OUT
Lemon Honey Chicken Rice and Veggies	Potato Soup, Biscuits	Pancakes, Fruit	Lemon Honey Chicken Rice and Veggies	Potato Soup, Biscuits	Pancakes, Fruit	Potato Soup, Biscuits
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Burgers & Chips	Fried Chicken Baked Sweet Potatoes	Beans & Cornbread	Burgers & Chips	Fried Chicken Baked Sweet Potatoes	OUT	Burgers & Chips
Beans & Cornbread	Burgers & Chips	Fried Chicken Baked Sweet Potatoes	Beans & Cornbread	Burgers & Chips	Beans & Cornbread	Beans & Cornbread
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Chili	Roast & Veggies	Rice & Stir Fry	Chili	Roast & Veggies	Rice & Stir Fry	OUT
Rice & Stir Fry	Chili	Roast & Veggies	Rice & Stir Fry	Chili	Roast & Veggies	Chili
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Pancakes	Waffles
Meatloaf Mashed Potatoes	Waffles	Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Waffles	OUT	Grilled Chicken Veggies
Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Waffles	Grilled Chicken Veggies	Meatloaf Mashed Potatoes	Grilled Chicken Veggies	Meatloaf Mashed Potatoes