

# 31 QUICK & EASY BUDGET MEALS AT-A-GLANCE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WEEK ONE</b>				<b>1</b> Golden Onion Frittata	<b>2</b> Pork Chops with Cider Sauce and Creamy Herb Polenta	<b>3</b> Parmesan Rosemary Chicken Wings	<b>4</b> Creamy Ham and Pea Pasta
<b>WEEK TWO</b>	<b>5</b> Slow-Cooker Carbonnade Beef Pot Roast	<b>6</b> Scrambled Eggs With Mushrooms	<b>7</b> Chili Mac	<b>8</b> Curried Cauliflower With Chick Peas	<b>9</b> Roasted Chicken Pieces With Balsamic Fennel	<b>10</b> Sausage and Pesto Orecchiette	<b>11</b> Tofu Noodle Stir Fry
<b>WEEK THREE</b>	<b>12</b> Spanish Chicken Stew	<b>13</b> Warm Lentil Salad with Spicy Rainbow Trout	<b>14</b> Not-So-Sloppy Joes	<b>15</b> Spinach and Chicken Soup with Parmesan	<b>16</b> Easy Ginger Beef and Snap Peas	<b>17</b> Slow Cooker Mushroom Chili	<b>18</b> Spinach and Ricotta Naan Pizza
<b>WEEK FOUR</b>	<b>19</b> Falafel Plate with Tahini Dressing	<b>20</b> Stewed Kale and Lentils	<b>21</b> Butter Chicken Burgers	<b>22</b> Spicy Green Bean and Tofu Stir-Fry	<b>23</b> Mustard Sage Pork Chops with Israeli Couscous	<b>24</b> Mexican Tortilla Soup	<b>25</b> Broccoli and Ham Cakes with Cheese Sauce
<b>WEEK FIVE</b>	<b>26</b> Slow Cooker Sweet and Smoky Brisket	<b>27</b> Vegetable Quinoa Soup	<b>28</b> Pork Chops with Peppered Apples	<b>29</b> Roasted Squash and Chickpea Salad	<b>30</b> Slow Cooker White Bean and Kielbasa Chili	<b>31</b> Quick Lentil Curry	