

Recipe Plan Sheet

EXAMPLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Protein:	Ground Turkey	Ground Turkey	Ground Turkey	Whole Chicken	Whole Chicken	Whole Chicken	Open
Trunk Meal or	Turkey Burgers	-----	-----	Roast Chicken Dinner	-----	-----	Open
Branch Meal	-----	Turkey Enchilada Casserole	Turkey Tacos	-----	Chicken Stir Fry	Chicken & Veg Casserole	-----
Side with Meal	Tossed Greens	Tossed Greens	Corn & Bean Salad	Spicy Brown Rice & Mixed Veggies	-----	-----	-----
How Many People:	4	4	4	4	4	4	-----

Week Starting: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Protein:							
Trunk Meal or							
Branch Meal							
Side with Meal							
How Many People:							

Week Starting: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Protein:							
Trunk Meal or							
Branch Meal							
Side with Meal							
How Many People:							