



Weekly Menu



MONDAY

2 hard boiled eggs
Lentil Stew
Red Beans & Rice
Burritos

TUESDAY

Breakfast Burritos
Lentil Stew
Pasta & Sauce (save
half for dinner on
Friday)

MAKE AHEAD SUNDAY

*Cook entire bag of
beans
*Cook half bag of rice
*Cook Lentil Stew
*Hard boiled 2 eggs

WEDNESDAY

Oatmeal & Banana
Lentil Stew
Carrot Stir Fry

THURSDAY

2 Breakfast Burritos
Lentil Stew
Egg Fried Rice

FRIDAY

Oatmeal & Apple
Lentil Stew
Pasta & Sauce

Notes
Divide stew into 7
portions
Cook other half of
rice later in week

SATURDAY

Eggy Rice
Lentil Stew
Refried Bean
Quesadillas

SUNDAY

Oatmeal & Berries
Lentil Stew
Hot Dogs, Grilled
Onion, carrot sticks

