

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Takeout 1	Costco Chicken 2	Curry 3
Potato Soup 4	Tacos 5	Maple Bacon Chicken 6	FFYS 7	Poutine 8	Stir Fry 9	Beef Roast 10
Lentil Soup 11	Tacos 12	Pasta 13	FFYS 14	Schnitzel 15	Curry 16	Roast Chicken 17
Cheesy Chicken Soup 18	Tacos 19	Turkey Burgers 20	FFYS 21	Marsala 22	Stir Fry 23	Beef Roast 24
Lentil Soup 25	Tacos 26	Pressure Cooker Sandwiches 27	FFYS 28	Poutine	Homemade Pizza	Roast Chicken 31

# MARCH

2019

1 2 3  
 4 5 6 7 8 9 10  
 11 12 13 14 15 16 17  
 18 19 20 21 22 23 24  
 25 26 27 28

1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30

FEBRUARY 2019

APRIL 2019

## NOTES:

Menu for March Meal Prep

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