



MEAL PLAN CHALLENGE

ANSWERING THE QUESTION 'WHAT'S FOR DINNER?'

STEAK &
POTATOES

CHINESE

SOUP &
SANDWICH
OR SALAD

SLOW
COOKER
MEAL

BREAKFAST
FOR DINNER

PASTA

KIDS'
FAVORITE

GRILL NIGHT

FISH

CASSEROLE

TAKE OUT
FAKE OUT

PIZZA

SHEET PAN
DINNER

TACOS

COMFORT
FOOD
CLASSIC

ITALIAN
NIGHT

MEATLESS

BURGERS

ONE POT
DINNER

THROWBACK

SKILLET MEAL

CHICKEN

SALAD

LEFTOVER
NIGHT

MEATLOAF

SANDWICHES

MAKE YOUR
OWN...

FOIL PACKETS

GROUND BEEF

STIR FRY