

Meal Plan Guide

Slow
Cooker or
Instapot
Option #1



Soup or stew
Shredded meat

Potato or squash
Meat
Vegetable



Sheet Pan
Dinner
Option #2

Ground
Meat/Tofu/
Seafood
Option #3



Sloppy Joes
Spaghetti
Tacos
Burgers

Mediterranean
Southwest
Sweet
Breakfast



Pizza or
Quesadilla
Option #4

Carb
Staple
Option #5



Pasta
Rice
Quinoa
Couscous

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