

Weekly Menu Plan

Manic Monday

O pasta or pork

ham steak, smoked sausage, pork chops, tenderloin, egg roll bowl, pork roast,

mac & cheese, chicken & noodles, beef stroganoff

Taco Tuesday

O Tacos

burritos, quesadillas, enchiladas, tacos, tamales

Wacky Wednesday

O beef or fish

philly sandwich, kabobs, BBQ, roast beef, stew, tuna, salmon

Birdy Thursday

O chicken or turkey

pot pie, Chicken Cordon Bleu, French's onion chicken, tenders, alfredo

Fried Friday

O hamburger

quesadilla burgers, shepherd's pie, goulash, sloppy joes, meatloaf

Special Saturday

O Italian

pizza, spaghetti, ravioli, lasagna, chicken parmesan, meatball sub

Souper Sunday

O soup or salad

chili, chicken & noodle, beef vegetable, chicken salad, tuna salad

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Daily activities + 1 FOCUS AREA

✓ dinner	✓ dishes
✓ declutter	✓ 1 focus area

Monday

O focus → Extra Rooms

Clean: a. office b. guest room c. garage d. deck

Tuesday

O focus → Living Room

Vacuum rugs & sweep floor, dust, clean coffee & end tables, clean couch

Wednesday

O focus → Kitchen

Sweep & mop floor, Clean sink & stovetop, Organize pantry

Thursday

O focus → Bathrooms

Clean: toilet, tub, sink, floor

Friday

O focus → Bedrooms

Change sheets, sweep floors, do laundry, dust

Saturday

O focus → Monthly chores

a. Clean refrigerator inside & out b. Clean stove & small appliances c. Clean

mirrors, light fixtures, switchplates d. File papers

Sunday

O focus → Soul

relax and review

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