

Sample Menu Rotation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tofu dish	Mexican	Bean meal	Italian dish	Burger	Casserole	Veggies
Veggies	Casserole	Asian dish	Bean meal	Sandwich	Tofu dish	Mexican

Examples of categories

Tofu dish	Mexican	Bean meal	Italian dish	Burger	Casserole
Sweet & sour Gen Taos Glazed orange Soya tofu Pineapple tofu Indonissian Crabless cakes	Tacos Burritos Tostadas Enchiladas Chimichungas Chilequiles Verde Tacaritos	Tijuana casserole Chili in a bowl Chili in a biscuit Red Beans & rice One Pot Dinner Pintos Picadillo	Spaghetti Calzones Lasagna ravioli	Black bean Pinto bean Chickpea Cajun burger Mushroom	Sweet & Sour rice Arrozo non Pollo Stroganoff Shephards pie Swedish meatlessballs

Asian dish	Sandwich	Veggies
Stir frys Curry Lentil dal	Po Boys Sloppy Joes Korean BBQ BBQ Seitan Tofu dog Tofu Dogs in blankets Meatless balls Tunaless salad Eggless salad Falafel BBQ	Split pea soup Meatless loaf Carrot cake pancakes Biscuit Pot Pie

Double the 2 week menu rotation, select a recipe from the category and your meal planning for the month is done!