
Seasonal Dinners Menu

One printable with two seasonal menus, front and back. Every week, pick the next four or five dinners and shop.

- Spring & summer menu
- Fall & winter menu
- Checkboxes, not a calendar
- Less decisions, more of what matters

Spring & summer dinners

Each week, pick the next four or five dinners and shop for those. Check them off as you go. When you reach the bottom, start again at the top.

- ☐ Tacos
- ☐ Chicken Stir Fry
- ☐ Spaghetti and Meatballs & Salad
- ☐ Grilled Chicken, Sweet Potatoes & Green Beans
- ☐ Steak & Avocado Bowls
- ☐ Chicken Caesar Wraps
- ☐ Brats, Potatoes & Fruit
- ☐ Homemade Pizza
- ☐ Chicken Fajitas
- ☐ Greek Chicken Bowls
- ☐ BBQ Pulled Pork Sandwiches, Coleslaw & Broccoli Salad
- ☐ Lemon Garlic Chicken Pasta
- ☐ Chicken Tzatziki Bowls
- ☐ Burgers, Corn on the Cob & Fruit
- ☐ Quesadillas & Fruit
- ☐ Italian Shredded Beef Sandwiches & Pasta Salad
- ☐ Teriyaki Chicken & Rice Bowls
- ☐ Baked Ziti & Salad
- ☐ Chicken Pot Pie & Salad
- ☐ Breakfast for Dinner
- ☐ Burrito Bowls
- ☐ Chicken Noodle Orzo Soup & Bread
- ☐ BBQ Chicken, Mac n Cheese & Brussel Sprouts
- ☐ Chicken Kabobs, Rice & Fruit
- ☐ Meatloaf, Potatoes & Broccoli
- ☐ Chicken Casserole & Salad
- ☐ Cuban Pork & Rice Bowls
- ☐ French Dip Sandwiches, Fries & Fruit
- ☐ Italian Sausage & Tortellini Soup
- ☐ Chicken, Zucchini & Rice Bowls
- ☐ Chicken Parmesan Pasta
- ☐ Chicken Gyros, Pasta Salad & Fruit
- ☐ Grilled Lemon Herb Chicken & Avocado Orzo
- ☐ Salsa Verde Chicken Nachos

Fall & winter dinners

Each week, pick the next four or five dinners and shop for those. Check them off as you go. When you reach the bottom, start again at the top.

- ☐ Beef Stew, Bread & Salad
- ☐ Burrito Bowls
- ☐ Buffalo Chicken Chili
- ☐ Spaghetti and Meatballs & Salad
- ☐ Meatloaf, Mashed Potatoes & Brussel Sprouts
- ☐ Gumbo & Rice
- ☐ Shepherd's Pie & Salad
- ☐ Taco Soup
- ☐ Baked Chicken, Sweet Potatoes & Broccoli
- ☐ Chicken Gnocchi Soup, Bread & Salad
- ☐ Chicken Casserole, Salad & Broccoli
- ☐ Chili
- ☐ Chicken Pot Pie & Salad
- ☐ Creamy Chicken Noodle Soup & Bread
- ☐ Lasagna, Garlic Bread & Salad
- ☐ Chicken Enchiladas, Rice & Beans
- ☐ Turkey & Lentil Soup, Bread & Salad
- ☐ White Chicken Chili
- ☐ Baked Ziti & Salad
- ☐ French Dip Sandwiches & Fries
- ☐ Homemade Pizza
- ☐ Tacos
- ☐ Lasagna Soup, Bread & Salad
- ☐ Breakfast For Dinner
- ☐ Potato Soup, Bread & Salad
- ☐ Italian Sausage and Tortellini Soup, Bread & Salad
- ☐ Salsa Verde Chicken Nachos
- ☐ Chicken Stir Fry
- ☐ Chicken Parmesan Pasta, Bread & Salad
- ☐ Burgers, Mac N Cheese & Broccoli
- ☐ Cuban Pork & Rice