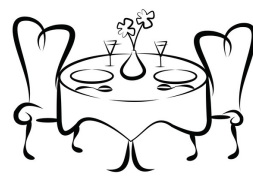


31 Days of Meal Ideas



1	Tacos, Refried Beans	17	Chicken Fajitas
2	BBQ Chicken Salad	18	Spaghetti, Salad, Garlic Bread
3	Chicken Caesar Wraps	19	Grilled Pork Loin, Organic Mac & Cheese, Mixed Vegetables
4	Grilled Chicken Breast, Steamed Broccoli, Brown Rice	20	Thai Pork Bowls
5	Grilled Turkey Burgers, Baked French Fries	21	Pizza (Frozen, Takeout, or Homemade)
6	Salad Bar at Home (lettuce, various toppings, protein of your choice)	22	BBQ Chicken, Corn on the Cob, Green Salad
7	Chicken Caesar Salad	23	Grilled Cheese Sandwiches, Soup
8	Breakfast Burritos	24	Chicken Enchiladas
9	Chicken Pesto Paninis, Fresh Fruit	25	Chili, Jalapeno Cheese Corn Muffins
10	Asian Chicken Stir Fry w/ Jasmine Rice	26	Ground Beef Casserole
11	Chipotle Inspired Burrito Bowls	27	Chicken Quesadillas, Raw Vegetables w/ Ranch Dip
12	Meatloaf, Mashed Potatoes, Steamed Carrots	28	Grilled Sirloin, Roasted Rosemary Potatoes, Green Beans
13	Turkey Kielbasa w/ Peppers, Onions & Penne Pasta	29	Chinese Chicken Salad
14	Pancakes & Bacon or Sausage, Fresh Fruit	30	Western Bacon BBQ Burgers, Baked French Fries
15	Grilled Bratwerst, Baked Beans, Peas & Carrots	31	Tuna Melts, Fresh Fruit
16	Cobb Salad, Bread Sticks		

Recipes for many of these meals can be found for free at ketchumkitchen.com. Each Recipe has a printable recipe card w/ instructions and complete list of ingredients.