

Working Mom Weekly Meal Plan

Day	Dinner Idea	Prep Tip
Monday	Chicken stir fry with rice	Chop veggies and marinate chicken the night before
Tuesday	Tacos with shredded chicken	Use Sunday batch cooking chicken to save time
Wednesday	Baked salmon with roasted veggies	Roast vegetables in advance during meal prep
Thursday	Pasta with tomato sauce and salad	Make and freeze sauce earlier in the week
Friday	Homemade pizza night	Use store bought dough and prepped toppings
Saturday	Slow cooker chili	Start in the morning so dinner is ready by evening
Sunday	Leftover night or simple wraps	Use what is left in the fridge to reduce waste