

## Monday

- Meatless
- Meat-full
- Morning (breakfast) dinner
- Mexican
- Moroccan
- Make ahead (crock pot)
- Mediterranean

## Tuesday

- Taco
- Take out
- Try it (something new)
- Traditional
- Tuscan

## Wednesday

- Whip it up (simple, quick meal)
- Wingin' it (clean out the fridge)
- What's new
- Wacky

## Thursday

- Throw it in a bowl
- Thirty minute meal
- Thrifty
- Themed
- Thai
- Tex-mex

## Friday

- Fish
- Fresh Salad
- stir-Fry
- Frugal
- Fast and easy
- Fun
- Finger food
- Favorite meal

## Saturday/Sunday

- Soup
- Sheet pan
- Spaghetti [squash]
- Sandwich



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from @TabletalkwithCarmen