

EASY-TO-COOK DISHES WEEKLY MEAL PLAN

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DAY	BREAKFAST	LUNCH	DINNER
Monday	Oatmeal with sliced banana	Garlic Fried Tilapia & pechay guisado	Chicken Menudo
Tuesday	Beef Tapa, scrambled Egg & Rice	Breaded Porkchop & Cabbage Salad	Paksiw na Bangus with Tausi
Wednesday	Pancake	Chicken Lomi	Daing na Bangus
Thursday	Tomato & Onion Omelette with Rice or Pandesal	Fried Chicken Lollipop & Cucumber Salad	Tortang Giniling with Potatoes
Friday	Pandesal & Various Spreads	Chicken Arroz Caldo	Sinigang na Hipon
Saturday	Piniritong Talong, Danggit & Garlic Rice	Ginisang Kalabasa & Fried Fish	Chicken Pork Adobo
Sunday	Corned Beef, Fried Egg & Rice	Garlic Fried Liempo	Tinolang Isda