

**This is a sample of a dinner schedule using Angel Food.**

**This meal planning schedule uses 2 Signature boxes,  
2 - #4 Family Meal Kit Specials, and 1 - #5 Fruit & Veggie box.  
Total price \$152.00 for 27 Dinner Meals for 2 adults & 2 children.  
THAT'S LESS THAN \$6.00 PER MEAL!!!**

**April  
2010**

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
28 Use #4  Split Wh. Chicken Kit - Whole Split Chicken, Potato Medley, Green Beans	29 Use Signature & #5  Chopped Beef Steaks, sautéed onions, Baked potato	30 Use Signature  Baked Chicken Breasts Broccoli & Cheese Soup Sliced Apples	31 Use #4  Turkey Kit - Boneless Turkey Breast, Potato Medley, Green Beans	1 Use Signature & #5  Pork Chops, Rice, Carrots	2 Use Signature  Macaroni & Beef Entrée, Peas & Carrots	3 Use Signature & #5  Pizza Fruit of choice Dessert item
4 Use Signature & #5  BBQ Baked Chicken Breast, cabbage, rice	5 Use Signature  Stroganoff Skillet Meal Corn	6 Use #4  Pork Roast Kit - Boneless Pork Roast, Potato Medley, Corn	7 Use #4  Beef Tips & Gravy Kit - Beef Tips in Gravy, Rice Medley	8 Use Signature & #5  Bacon wrapped Turkey Breast Filet, baked sweet potatoes	9 Use Signature  Use Ground Beef to make Hamburgers, French Fries	10 Use Signature & #5  Omelets - with Bell Peppers, onion Fruit of choice
11 Use #4  Turkey Kit - Boneless Turkey Breast, Potato Medley, Green Beans	12 Use Signature  Pork Chops, Rice, Peas & Carrots	13 Use Signature & purchase salad mix  Macaroni & Beef Entrée	14 Use #4  Split Wh. Chicken Kit - Whole Split Chicken, Potato Medley, Green Beans	15 Use Signature & #5  Chopped Beef Steaks, sautéed onions, baked sweet potatoes	16 Use Signature  Baked Chicken Breasts Broccoli & Cheese Soup Sliced Apples	17 Use Signature & #5  Pizza Fruit of choice Dessert Item
18 Use #4  Beef Tips & Gravy Kit - Beef Tips in Gravy, Rice Medley	19 Use Signature & #5  Bacon wrapped Turkey Breast Filet, Sweet Potato Fries, Pineapple slices	20 Use Signature  Use Ground Beef to make Hamburgers, French Fries	21 Use #4  Pork Roast Kit - Boneless Pork Roast, Potato Medley, Corn	22 Use Signature  Stroganoff Skillet Meal, Corn	23 Use Signature & #5  Omelets - with Bell Peppers, onion Fruit of Choice	24  <b>APRIL'S ANGEL FOOD DISTRIBUTION</b>
25	26	27	28	29	30	