



# 40 Days of Meatless Meals

## A Simple, Budget-Friendly Lenten Meal Plan

Meatless Fridays don't have to be stressful. This one-page plan gives you 40 easy, affordable meat-free meals organized by week, using simple ingredients your family will actually eat.

### How to Use

- Follow the weekly plan or mix and match
- Shop once using the list below
- Repeat favorites to save time and money

### Weekly Meal Plan

#### Week 1:

Creamy Garlic Parmesan Pasta • Crispy Fish Tacos • Vegetable Stir Fry with Rice • Cheesy Baked Ziti

#### Week 2:

Lemon Butter Pasta • Baked Fish with Rice • Meatless Fried Rice • Baked Mac and Cheese

#### Week 3:

Tomato Basil Pasta • Fish Fillet Sandwiches • Vegetable Curry • Cheese Quesadillas

#### Week 4:

Garlic Mushroom Pasta • Tuna Pasta Bake • Mixed Vegetable Soup • Baked Ziti

#### Week 5:

Spinach & Cheese Stuffed Shells • Fish Cakes with Rice • Stir-Fried Noodles • Grilled Cheese & Tomato Soup

#### Week 6:

Creamy Pesto Pasta • Fish Tacos • Vegetable Fried Rice • Cheese Pizza Night

#### Holy Week:

Simple Vegetable Pasta • Light Fish & Rice • Soup & Bread • Leftovers / Family Favorite

### Quick Shopping List

**Pantry:** Pasta • Rice • Oil • Garlic • Onions • Tomato sauce • Seasonings

**Dairy:** Milk or cream • Butter • Cheese

**Produce:** Bell peppers • Carrots • Broccoli • Spinach • Tomatoes • Lemons

**Protein:** Fish fillets • Canned tuna

### Budget Check

Homemade dinners: **\$12-\$18/week**

Takeout equivalent: **\$35-\$60/week**

### Helpful Tools

Large skillet • Sheet pan • Air fryer • Saucepan • Food containers