



# 45 DAY EXTENDED MEAL PLANNER

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
Breakfast	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving
Lunch	Creamy Potato Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Creamy Chicken Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 1 serving Creamy Chicken Rice 2 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 1 serving Creamy Chicken Rice 2 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving
Dinner	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving

	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22
Breakfast	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving
Lunch	Creamy Potato Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings Banana Chips 1 serving
Dinner	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Chicken Rice 2 servings	Cheesy Broccoli Rice 3 servings	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings	Cheesy Broccoli Rice 3 servings

	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33
Breakfast	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving
Lunch	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Cheesy Broccoli Rice 3 servings Creamy Potato Soup 1 serving	Creamy Potato Soup 2 servings	Cheesy Broccoli Rice 3 servings	Creamy Potato Soup 2 servings	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings	Creamy Potato Soup 1 serving
Dinner	Cheesy Broccoli Rice 2 servings	Instant Potatoes 3 servings	Cheesy Broccoli Rice 2 servings	Instant Potatoes 2 servings Cheesy Broccoli Rice 2 servings	Creamy Chicken Rice 2 servings	Instant Potatoes 2 servings Cheesy Broccoli Rice 2 servings	Creamy Potato Soup 2 servings	Instant Potatoes 1 serving Cheesy Broccoli Rice 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Creamy Chicken Rice 2 servings

	DAY 34	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42	DAY 43	DAYS 44, 45
Breakfast	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving
Lunch	Creamy Chicken Rice 2 servings	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Potato Soup 1 serving	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Chicken Rice 1 serving
Dinner	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Mac & Cheese 1 serving	Hearty Vegetable Chicken Soup 1 serving Creamy Chicken Rice 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving

For additional food storage products, visit [www.AugasonFarms.com](http://www.AugasonFarms.com)