

31-DAY

WILD GAME

MEAL PLAN

SUN	MON	TUE	WED	THU	FRI	SAT
1 Venison Roast	2 Slow Cooker Pheasant Gumbo	3 Venison Tacos	4 Baked Salmon	5 Taco Salad (w/ leftover taco meat)	6 Spaghetti & Elk Meatballs	7 Antelope Kebabs
8 Chinese Red Cooked Pork (or Bear)	9 Slow Cooker Venison BBQ	10 Breakfast for Dinner	11 Fried Mahi Fish Bites	12 Teriyaki Tenderloin	13 Sausage & Potato Bake	14 Elk Sliders & Oven Fries
15 Savory Wild Game Meatloaf	16 Slow Cooker Ruffed Grouse	17 Venison Tacos	18 Maple Balsamic Rainbow Trout	19 Nachos (w/ leftover taco meat)	20 Homemade Mac n' Cheese	21 Venison Pasties
22 Pesto Pasta w/ Optional Shrimp	23 Slow Cooker Wild Turkey	24 Breakfast for Dinner	25 Asian Style Roasted Quail or Cornish Hen	26 Venison Pumpkin Curry	27 Antelope Goulash	28 Homemade Pizza
29 Grilled Backstrap	30 Slow Cooker Moose Chili	31 Pan-fried Walleye (or fish tacos)				

Breakfasts: Granola, Egg McMuffins, Breakfast Kebabs, Sausage Burritos, Toast, Protein Smoothie, Pancakes

Lunches: Sandwiches, Leftovers, PB&Js, Multigrain Chips/Hummus/Veggies, Tuna Wraps, Fruit/Summer Sausage

