

May 2019 Meal Plan — Southern Savers

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|--|
|  | | | 1 Greek pasta salad with cooked chicken added | 2 Cheese stuffed pasta shells , broccoli | 3 Sloppy joes , vegetable side | 4 Rosemary ranch chicken kabobs , chips, vegetable side |
| 5 CINCO DE MAYO - check our site on 5/2 for a menu plan! | 6 Three cheese ham and broccoli casserole , rice | 7 Cheesy chicken tacos , vegetable side | 8 Bacon wrapped chicken , macaroni salad , vegetable side | 9 Crispy baked fish nuggets , broccoli slaw | 10 Black bean burgers , frozen sweet potato fries | 11 Grilled chicken skewers , grilled veggies |
| 12 MOTHER'S DAY - check our site on 5/7 for a menu plan! | 13 Beef burrito casserole , corn | 14 Apple juice chicken , rice, vegetable side | 15 Lemonade chicken | 16 Stir fry with southern veggies | 17 Meatball subs , raw veggies and dip | 18 Jalapeno popper smothered pork chops , salad |
| 19 Keto slow cooker breakfast bake , fruit | 20 Black bean and rice enchiladas , corn | 21 Simple beef and veggie egg noodles | 22 Bacon, scrambled eggs, fluffy pancakes | 23 One pot sausage and vegetable skillet | 24 Easy lettuce wraps , fruit | 25 Grilled hamburgers, chips, vegetable side |
| 26 French onion chicken | 27 MEMORIAL DAY - check our site on 5/23 for a menu plan! | 28 Summer vegetable gumbo | 29 Pasta carbonara | 30 BBQ rub roasted chicken , frozen french fries, vegetable side | 31 Grilled cheese , chips, fruit | |