


June 2019 Meal Plan — Southern Savers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Lemon garlic fish , rice, vegetable
2 French dip sandwiches , raw veggies and dip	3 Easy chicken and green beans , rice	4 Poor man's lasagna , vegetable	5 Chicken enchiladas , corn	6 Beef lettuce wraps , fruit	7 Crispy tortilla pizzas , vegetable	8 Ranch pork chops , rolls, vegetable
9 Spinach feta grilled cheese	10 Instant pot whole chicken , roasted potatoes, vegetable	11 Broccoli fettuccini alfredo	12 Smoked sausage, red beans and rice	13 Crock pot garlic parmesan chicken , broccoli	14 Pizzadillas	15 Cajun salmon burgers , french fries, vegetable
16 Steaks, cheesy scalloped potatoes , dad's fave veggie	17 Perfect grilled chicken , frozen tater tots, vegetable	18 Meatball parmesan casserole , veggie	19 Slow cooker chicken fajitas , vegetable	20 Cheddar cheeseburger meatloaf , vegetable	21 French bread pizza , vegetable	22 Cabbage rolls , rice
23 Roasted chicken salad , sandwich rolls, grapes	24 Grilled brown sugar salmon , rice, vegetable	25 Pasta primavera with cauliflower sauce	26 Black bean and sweet potato quesadillas , corn	27 Beef kofta meatballs with vegetables	28 Braided pizza loaf , salad	29 Coconut lime chicken skillet , rice, vegetable
30 Slow cooker pot roast , rolls						