

## July 2019 Meal Plan — Southern Savers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <a href="#">Cheesy bacon chicken</a> , rice, vegetable side	<b>2</b> <a href="#">Honey mustard lentils rice casserole</a> , vegetable side	<b>3</b> <a href="#">Slow cooker beef stir fry</a> , rice	4 Happy Fourth of July!	<b>5</b> <a href="#">Skillet lasagna</a> , salad	<b>6</b> <a href="#">Baked nachos</a> , vegetable side
<b>7</b> <a href="#">Vegetable frittata</a> , fruit	<b>8</b> <a href="#">Chicken with mustard cream sauce</a> , pasta, vegetable side	<b>9</b> <a href="#">Crispy baked fish nuggets</a> , frozen tater tots, vegetable side	<b>10</b> <a href="#">Hamburgers with bacon, jalapeno and onion</a> , carrots	<b>11</b> <a href="#">Shortcut chicken cordon bleu</a> , vegetable side	<b>12</b> <a href="#">Super simple sausage pasta</a> , broccoli	<b>13</b> <a href="#">Roasted vegetable burritos</a> , fruit
<b>14</b> <a href="#">Sausage egg bake</a> , fruit, biscuits	<b>15</b> <a href="#">Instant Pot lemon garlic chicken</a> , rice, broccoli	<b>16</b> <a href="#">Lighter baked spaghetti</a> , salad	<b>17</b> <a href="#">Cheesy sausage enchiladas</a> , black beans, vegetable side	<b>18</b> <a href="#">Teriyaki chicken</a> , rice, green beans	<b>19</b> <a href="#">Easy meatball subs</a> , chips, vegetable side	<b>20</b> <a href="#">Sausage shrimp stir fry</a> , rice
<b>21</b> <a href="#">Roasted garlic chicken with red potatoes</a> , bread, vegetable side	<b>22</b> <a href="#">Bacon quiche with broccoli and cheddar</a> , fruit	<b>23</b> Hot dogs or sausages, buns, tater tots, coleslaw	<b>24</b> <a href="#">Sesame noodles with broccoli and chicken</a>	<b>25</b> <a href="#">Easy oven fajitas</a> , black beans, corn	<b>26</b> <a href="#">Falafel</a> , pita, raw veggies and ranch dip, fruit	<b>27</b> <a href="#">Sausage gravy and biscuits</a> , fruit
<b>28</b> <a href="#">Slow cooker Italian chicken and peppers</a> , pasta	<b>29</b> <a href="#">Pesto shrimp pasta</a> , salad	<b>30</b> <a href="#">Vegetarian lentil tacos</a> , corn	<b>31</b> <a href="#">Chicken shawarma pita meal</a>			