

JULY 2020 MEAL PLAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Creamy tomato pasta skillet , salad	2 Honey mustard pork chops , roasted potatoes, vegetable	3 Homemade pizza bread , fruit	4 Smashed burgers , macaroni salad , grilled corn
5 Ham and cheese eggs , biscuits, fruit	6 Cheesy eggplant bake , salad	7 Cheesy bacon chicken , roasted potatoes, green beans	8 Pasta bar with homemade alfredo sauce , broccoli	9 Brazilian shrimp stew , salad	10 Pepperoni pizza bites , broccoli	11 Grilled chicken skewers , grilled vegetables
12 Chicken and waffles , fruit	13 Taco pie , corn	14 Feta and spinach stuffed chicken , pasta	15 Zucchini rollatini , salad	16 Easy lettuce wraps , fruit	17 Pizza ravioli skillet , broccoli	18 Grilled chicken , Mexican coleslaw , fruit
19 Sausage egg bake , fruit, biscuits	20 Greek pasta salad (w/leftover grilled chicken), fruit	21 Chicken with herb butter , roasted potatoes, green veggies	22 Spaghetti with lentils , salad	23 Korean beef bowl	24 Pizza pot pies , broccoli	25 Grilled pimiento cheese sandwiches , fruit
26 Bacon quiche , fruit	27 Slow cooker chicken fajitas , corn	28 Pasta primavera	29 Beef stroganoff , pasta, green beans	30 Garlic shrimp , rice, broccoli	31 Chicken alfredo calzones , broccoli	

