

AUGUST 2020 MEAL PLAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Sausage egg bake , triple chocolate zucchini bread , fruit	3 Instant Pot BBQ pulled pork , buns, spinach salad , fruit	4 Bacon wrapped chicken , tater tots, green veggie	5 Baked spaghetti , broccoli	6 Crispy chicken thighs , macaroni salad , zucchini	7 Crispy tortilla pizzas , fruit	8 Steaks , baked potatoes, salad
9 Belgian waffles , sausage links, fruit	10 Tacos, black beans , corn	11 Sausage and vegetable skillet	12 Hot dogs, buns, frozen french fries, green veggie	13 Grilled chicken , broccoli salad , fruit	14 Homemade pizza , fruit	15 Popcorn shrimp, peas, boxed macaroni and cheese
16 Pumpkin muffins , bacon, scrambled eggs	17 Falafel , pita bread, raw veggies, yogurt sauce	18 Korean beef bowl	19 Easy pasta carbonara	20 Grilled buffalo chicken , tater tots, zucchini	21 French bread pizza , fruit	22 Spinach ricotta pasta
23 Sausage hashbrown casserole , fruit	24 Chicken shawarma pita meal	25 Bacon cheeseburger pie , green beans	26 Oven hamburgers , french fries, carrots	27 Ranch chicken satay , grilled corn, fruit	28 Homemade pizza , fruit	29 Steaks , baked potatoes, salad
30 Fluffy pancakes , bacon, fruit	31 Parmesan tilapia , buttered noodles, green beans					1 Crispy sheet pan gnocchi with vegetables