

May 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Slow cooker breakfast bake , fruit	31 Easy chicken parmesan , pasta, broccoli					1 Grilled salmon , roasted potatoes, green beans
2 Green chile egg bake , fruit	3 Weeknight pork milanese , roasted vegetables	4 Greek turkey burgers , french fries, green vegetable	5 Easy noodle stir fry	6 Grilled chicken skewers , zucchini, garlic bread	7 Pepperoni pizza bites , fruit	8 Chicken caesar sandwiches , fruit
9 Mother's Day	10 Smoked sausage, red beans, and rice	11 Chicken zucchini skillet	12 Sausage pasta , green beans	13 Black bean burgers , frozen sweet potato fries	14 Crispy tortilla pizzas , fruit	15 Meatball sandwich , salad
16 Broccoli and sausage quiche , fruit	17 Chicken bacon ranch casserole , rice	18 Stir fried cabbage	19 Pasta primavera	20 BBQ rub roasted chicken , frozen french fries, vegetable side	21 French bread pizza , fruit	22 Baked nachos , corn
23 Huevos ranchero casserole , fruit	24 Slow cooker chicken enchiladas , corn	25 Sausage shrimp skillet	26 Classic baked ziti , salad	27 Black bean and rice enchiladas , corn	28 Braided pizza loaf , fruit	29 Cheese stuffed pasta shells , broccoli