

July 2021 | Monthly Meal Plan

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|---|
|  | | | | 1 Chicken salad , fruit | 2 Lemon garlic fish , rice, asparagus | 3 Pizza pot pies , broccoli |
| 4 18 Grilled Meat Recipes | 5 Slow cooker chicken fajitas , black beans, corn | 6 Cheddar cheeseburger meatloaf , tater tots, squash | 7 Spaghetti with lentils , salad | 8 Greek pasta salad , fruit | 9 Cajun salmon burgers , roasted vegetables | 10 Pizzadillas , broccoli |
| 11 Spinach feta grilled cheese , fruit | 12 Grilled chicken skewers , broccoli salad , zucchini | 13 Red beans and rice , corn | 14 Poor man's lasagna , salad | 15 Cheesy bacon chicken , roasted potatoes, squash | 16 Grilled salmon , french fries, broccoli | 17 Pepperoni pizza bites , salad |
| 18 Black bean and sweet potato quesadillas , corn | 19 Pasta bar | 20 French dip sandwiches , fruit | 21 Cheesy eggplant bake , salad | 22 Pressure cooker chicken , mashed potatoes , carrots | 23 Brazilian shrimp stew , biscuits, salad | 24 Homemade pizza bread , broccoli |
| 25 Grilled pimento cheese sandwiches , fruit | 26 Perfect grilled chicken , macaroni and cheese, broccoli | 27 Korean beef bowl | 28 Broccoli fettuccine alfredo , salad | 29 Ranch chops , buttered noodles, carrots | 30 Garlic shrimp , pasta, zucchini | 31 French bread pizza , salad |