


July 2022 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Falafel , pita bread, raw veggies					1 Parmesan gnocchi with shrimp	2 Chicken and cauliflower rice casserole , green vegetable
3 Pizza bread , fruit	4 Fourth of July meal ideas	5 Out of town	6 Chicken parmesan casserole , broccoli	7 One Pot Sausage and Veggies	8 Snack board	9 Copycat chickfila sandwiches , french fries, vegetable
10 Beef stroganoff , pasta, zucchini	11 Garlic mushroom pork chops , rice, squash	12 Slow cooker crack chicken , zucchini, pasta	13 Huli Huli chicken thighs , rice, asparagus	14 Sausage shrimp skillet , fruit	15 Creamy mushroom ramen	16 Grilled chicken, pasta salad, broccoli salad
17 Garlic butter sausages and lemon green beans	18 Vacation meal ideas	19 Slow cooker chicken fajitas , corn, black beans	20 Lentil tacos , corn	21 Pasta carbonara , salad	22 Lettuce wraps , fruit	23 Out of town
24 Chicken salad , crackers, fruit	25 Pan seared steaks , sweet potato salad	26 Baked chicken teriyaki , rice, zucchini	27 Balsamic chicken , carrots, French bread	28 Freezer lasagna , salad	29 French onion chicken , salad, sweet potatoes	30 Pasta bar