

# August 2022 | Monthly Meal Plan

| Sunday                                                                                 | Monday                                                                   | Tuesday                                                                                      | Wednesday                                                              | Thursday                                                                                               | Friday                                                           | Saturday                                                                                               |
|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|                                                                                        | <b>1</b><br><a href="#">Honey mustard pork chops</a> , rice, green beans | <b>2</b><br><a href="#">Chicken enchiladas</a> , corn                                        | <b>3</b><br><a href="#">Lighter baked spaghetti</a> , salad            | <b>4</b><br><a href="#">BBQ cheddar baked chicken</a> , biscuits, broccoli                             | <b>5</b><br><a href="#">French bread pizza</a> , fruit           | <b>6</b><br><a href="#">Grilled buffalo chicken</a> , <a href="#">macaroni salad</a> , corn on the cob |
| <b>7</b><br><a href="#">Sausage egg bake</a> , <a href="#">Belgian waffles</a> , fruit | <b>8</b><br><a href="#">Italian kielbasa and broccoli</a>                | <b>9</b><br><a href="#">Chicken tikka masala</a> , rice, broccoli                            | <b>10</b><br><a href="#">Garden vegetable lasagna roll ups</a> , salad | <b>11</b><br><a href="#">Instant Pot BBQ pulled pork</a> , buns, <a href="#">spinach salad</a> , fruit | <b>12</b><br><a href="#">Spinach feta grilled cheese</a> , chips | <b>13</b><br><a href="#">Steaks</a> , baked potatoes, salad                                            |
| <b>14</b><br><a href="#">Parmesan tilapia</a> , asparagus, pasta                       | <b>15</b><br><a href="#">Creamy basil baked sausage</a> , pasta, salad   | <b>16</b><br><a href="#">Bean and cheese burritos</a> , corn                                 | <b>17</b><br><a href="#">Pasta bar</a>                                 | <b>18</b><br><a href="#">Beef lettuce wraps</a> , chips                                                | <b>19</b><br><a href="#">Pizza melts</a> , salad                 | <b>20</b><br><a href="#">Grilled chicken</a> , <a href="#">succotash</a>                               |
| <b>21</b><br><a href="#">Slow cooker bacon cheeseburger pie</a> , fruit                | <b>22</b><br><a href="#">Spinach ricotta pasta</a>                       | <b>23</b><br><a href="#">Summer vegetable gumbo</a>                                          | <b>24</b><br><a href="#">Greek pasta salad</a> , fruit                 | <b>25</b><br><a href="#">Easy roasted chicken salad</a> , croissants or buns, fruit                    | <b>26</b><br><a href="#">Baked potato bar</a> , broccoli         | <b>27</b><br><a href="#">Smashed burgers</a> , <a href="#">buns</a> , french fries, vegetable          |
| <b>28</b><br><a href="#">Shepherd's pie</a> , salad                                    | <b>29</b><br>Tacos, <a href="#">black beans</a> , corn                   | <b>30</b><br><a href="#">Falafel</a> , pita bread, raw veggies, <a href="#">yogurt sauce</a> | <b>31</b><br><a href="#">Pizza skillet ravioli</a> , salad             |                                                                                                        |                                                                  |                   |