

June 2023



Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beef lettuce wraps , fruit	2 Crispy tortilla pizzas , vegetable	3 Lemon garlic fish , rice, vegetable
4 French dip sandwiches , raw veggies and dip	5 Easy chicken and green beans , rice	6 Poor man's lasagna , vegetable	7 Chicken enchiladas , corn	8 Crock pot garlic parmesan chicken , broccoli	9 Pizzadillas , fruit	10 Roasted chicken salad , sandwich rolls, grapes
11 Spinach feta grilled cheese	12 Instant pot whole chicken , roasted potatoes, vegetable	13 Broccoli fettuccini alfredo	14 Smoked sausage, red beans and rice	15 Cheddar cheeseburger meatloaf , vegetable	16 French bread pizza , vegetable	17 Cajun salmon burgers , french fries, vegetable
18 Father's Day Lunch	19 Perfect grilled chicken , frozen tater tots, vegetable	20 Meatball parmesan casserole , veggie	21 Slow cooker chicken fajitas , vegetable	22 Beef kofta meatballs with vegetables	23 Braided pizza loaf , salad	24 Coconut lime chicken skillet , rice, vegetable
25 Slow cooker pot roast , rolls	26 Grilled brown sugar salmon , rice, vegetable	27 Pasta primavera with cauliflower sauce	28 Black bean and sweet potato quesadillas , corn	29 Honey mustard pork chops , rolls, vegetable	30 Cabbage rolls , rice	