

July 2023 Monthly Meal Plan

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
30 Instant Pot lemon garlic chicken , rice, broccoli	31 Sausage gravy and biscuits , fruit					1 Garlic shrimp stir fry
2 Tater Tot breakfast casserole , fruit	3 Thai beef drunken zoodles	4 Fourth of July menu plan	5 Alfredo tortellini bake , frozen broccoli	6 Copycat CFA sandwiches , frozen french fries, IP carrots	7 Pizza bread , bagged salad	8 Grilled chicken kabobs , mac and cheese
9 Chicken divan	10 Taco dinner	11 Keto fried chicken , broccoli salad	12 Roasted red pepper pasta , zucchini	13 Cajun beef and rice	14 Cream cheese and chicken taquitos , bagged salad	15 Summer vegetable gumbo
16 Hashbrown bowls , fruit	17 Chicken and zucchini dragon noodles	18 Hamburgers , frozen french fries, IP carrots	19 Chuck wagon mac , peas	20 Falafel , pita bread, vegetable side	21 Out to Eat	22 Sloppy joes , chips, raw veggies
23 Pot roast , mashed potatoes	24 Beef stroganoff , pasta, zucchini	25 Sticky honey chicken legs , white rice, vegetable side	26 Oven meatballs , pasta, vegetable	27 Easy oven fajitas , black beans, corn	28 Pesto shrimp pasta , salad	29 Vegetarian lentil tacos , corn