

August 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>
		1 Whole30 Breakfast Casserole , fruit	2 White chicken enchiladas	3 Korean sloppy joes	4 Italian chicken sheet pan dinner	5 Asian cabbage salad , fruit
6 Slow cooker pulled pork , coleslaw, buns	7 Pasta bar	8 Sausage and pepper biscuit casserole , fruit	9 Tacos, black beans , corn	10 Hamburgers , french fries, carrots	11 Grilled brown sugar mustard glazed salmon , rice, broccoli	12 Greek turkey salad , fruit
13 Crispy roasted chicken thighs , mashed potatoes, salad	14 One pan skillet lasagna , broccoli	15 Ham/egg/cheese cups , waffles, fruit	16 Stir fry with southern veggies	17 Chicken and grain lettuce wraps , fruit	18 Baked chicken teriyaki , rice, asparagus	19 Big Mac salad , fruit
20 One pot creamy tomato pasta skillet , salad	21 No soup Chicken rice casserole , bread	22 Beef meatballs , pasta sauce, pasta, zucchini	23 Easy oven fajitas , corn	24 Jalapeno popper soup , salad	25 Pan cooked lemon butter salmon , rice, broccoli	26 Greek pasta salad , fruit
27 Dinner @ Church	28 Slow cooker beef stir fry	29 Easy quiche , fruit	30 Bacon wrapped chicken , french fries, yellow squash	31 Charcuterie / snack board		