

# July 2025 Monthly Meal Plan

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <a href="#">Chicken and cauliflower rice casserole</a> , green vegetable	<b>2</b> <a href="#">Pasta carbonara</a> , salad	<b>3</b> <a href="#">Hashbrown bowls</a> , fruit	<b>4</b> <a href="#">Fourth of July meal ideas</a>	<b>5</b> <a href="#">Lemon garlic fish</a> , rice, asparagus
<b>6</b> <a href="#">French onion chicken</a> , salad, sweet potatoes	<b>7</b> <a href="#">Broccoli fettuccine alfredo</a> , salad	<b>8</b> <a href="#">Cheddar cheeseburger meatloaf</a> , tater tots, squash	<b>9</b> <a href="#">Freezer lasagna</a> , salad	<b>10</b> <a href="#">Lentil tacos</a> , corn	<b>11</b> <a href="#">Snack board</a>	<b>12</b> <a href="#">Grilled chicken, pasta salad, broccoli salad</a>
<b>13</b> <a href="#">Balsamic chicken</a> , carrots, <a href="#">French bread</a>	<b>14</b> <a href="#">Falafel</a> , pita, raw veggies and ranch dip, fruit	<b>15</b> <a href="#">Chicken with mustard cream sauce</a> , pasta, vegetable side	<b>16</b> <a href="#">Parmesan gnocchi with shrimp</a>	<b>17</b> <a href="#">Smoked sausage, red beans and rice</a>	<b>18</b> <a href="#">French bread pizza</a> , vegetable	<b>19</b> <a href="#">Lettuce wraps</a> , fruit
<b>20</b> <a href="#">Pan seared steaks</a> , <a href="#">sweet potato salad</a>	<b>21</b> <a href="#">Honey mustard lentils rice casserole</a> , vegetable side	<b>22</b> <a href="#">Slow cooker crack chicken</a> , zucchini, pasta	<b>23</b> <a href="#">Creamy mushroom ramen</a>	<b>24</b> <a href="#">Huli Huli chicken thighs</a> , rice, asparagus	<b>25</b> <i>Birthday dinner</i>	<b>26</b> <a href="#">Cajun salmon burgers</a> , roasted vegetables
<b>27</b> <a href="#">Brazilian shrimp stew</a> , biscuits, salad	<b>28</b> <a href="#">Black bean and sweet potato quesadillas</a> , corn	<b>29</b> <a href="#">Instant Pot lemon garlic chicken</a> , rice, broccoli	<b>30</b> <a href="#">Pasta bar</a>	<b>31</b> <a href="#">Spinach feta grilled cheese</a>		