

August 2025 Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Charcuterie / snack board					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