

MONTHLY MEAL PLAN

JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>Air Fryer Chicken Fajita Bowl</u>	2 <u>Garlic Parmesan Chicken Skewers</u>	3 <u>Beef Pad Thai</u>	4 <u>Homemade Taco Hamburger Helper</u>	5 <u>Diavola Pizza with Hot Honey Drizzle</u>	6 <u>Pesto Butter Salmon</u>
7 <u>Slow Cooker BBQ Beef</u>	8 <u>Instant Pot Pork Tenderloin</u>	9 <u>Turkey MeatBall Casserole</u>	10 <u>Loaded Tater Tots</u>	11 <u>Ahi Tuna Tacos with Tropical Salsa</u>	12 <u>Red Lentil Curry</u>	13 <u>Tequila Lime Chicken</u>
14 <u>Best Smashburger Recipe</u>	15 <u>Easy Lemon Ricotta Pasta</u>	16 <u>Italian Sausage & Broccoli Pasta</u>	17 <u>Croissant Chicken Salad</u>	18 <u>Black Bean Tostadas with Mango Guacamole</u>	19 <u>Barbecue Ranch Chicken Salad</u>	20 <u>Garlic Butter Steak Bites</u>
21 <u>Smoked Chicken Thighs</u>	22 <u>Chicken Crunchwrap</u>	23 <u>Tomato Basil Chicken</u>	24 <u>Tofu Sushi Bowl with Spicy Mayo</u>	25 <u>Flag board w/ burgers and hot dogs</u>	26 <u>Crispy Tempeh Vermicelli Bowls</u>	27 <u>Grilled Tri Tip</u>
28 <u>Braised Pork Ribs</u>	29 <u>Ribeye Steak Sandwich</u>	30 <u>Hot Honey Salmon</u>				

*"Live in the sunshine. Swim in the sea.
Drink in the wild air."*

R.W. Emerson