

MONTHLY MEAL PLAN

AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>Skillet Cashew Chicken (One-Pan Dinner)</u>
2 <u>Bacon Wrapped Chicken Thighs</u>	3 <u>Peach Burrata Salad</u>	4 <u>Griddle Fried Rice</u>	5 <u>(Neapolitan-Style Pizza)</u>	6 <u>Butter Chicken with Naan</u>	7 <u>Cilantro Lime Chicken</u>	8 <u>Sloppy Joe Casserole</u>
9 <u>Buttermilk Chicken Fingers</u>	10 <u>Orzo Pasta Salad</u>	11 <u>Spinach Artichoke Chicken</u>	12 <u>Costco Chicken Meatballs</u>	13 <u>Okra Tacos with Cucumber Pico</u>	14 <u>Tomato Frittata with Corn and Basil</u>	15 <u>Honey Garlic Chicken Wings</u>
16 <u>Pretzel Dog Recipe</u>	17 <u>Slow Cooker Chicken Spaghetti</u>	18 <u>Big Mac Sloppy Joes</u>	19 <u>Sheet Pan Steak Fajitas</u>	20 <u>Southwest Chicken Casserole</u>	21 <u>Crispy Bean Sweet Potato Tacos</u>	22 <u>Marinated Flank Steak Recipe</u>
23 <u>Smothered Pork Chops</u>	24 <u>Air Fryer Shrimp</u>	25 <u>French Toast Pancakes</u>	26 <u>Shredded Chicken in the Air Fryer</u>	27 <u>Tuna Cheese Melt</u>	28 <u>Sweet Potato and Tempeh Pitas</u>	29 <u>Slow Cooker Italian Beef Sandwich</u>
30 <u>Smoked Pork Butt</u>	31 <u>Stuffed Bell Peppers</u>					



"Deep summer is where laziness finds respectability"

S. KEEN