

MONTHLY MEAL PLAN

JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>Gochujang Pasta (Dinner Under 30 Minutes)</u>	2 <u>Bang Bang Chicken Skewers</u>	3 <u>Portuguese Chicken</u>	4 <u>Easy Slow Cooker Chicken Fajitas</u>
5 <u>Turkey Feta Meatballs (with Zucchini)</u>	6 <u>Salmon Scampi Pasta</u>	7 <u>BBQ Beef Tacos</u>	8 <u>Air Fryer Honey Garlic Chicken Tenders</u>	9 <u>Lemon Garlic Chicken Thighs</u>	10 <u>BBQ Sausage Bites</u>	11 <u>Instant Pot Chicken Tinga Tacos</u>
12 <u>Chicken Tinga Rice Bowls</u>	13 <u>Burger Dog</u>	14 <u>Big Mac Tater Tot Casserole</u>	15 <u>Baja Fish Tacos</u>	16 <u>Cilantro Lime Chicken with Rice</u>	17 <u>Polenta with Roasted Ratatouille</u>	18 <u>Baby Back Barbecue Ribs</u>
19 <u>Shredded Beef Sliders/Sandwiches</u>	20 <u>Shishito and Corn Quinoa Salad</u>	21 <u>Summer Picnic Pasta Salad</u>	22 <u>Rainbow Quinoa Salad with Cashew Tzatziki</u>	23 <u>Smoked meatballs</u>	24 <u>Thin Cut Chicken Breasts On The BBQ</u>	25 <u>Slow Cooker Brisket</u>
26 <u>Taco Bell Breakfast Crunchwraps Copycat</u>	27 <u>New Orleans BBQ Shrimp</u>	28 <u>Broccoli Pesto</u>	29 <u>Chicken Pasta Primavera</u>	30 <u>Bruschetta Pasta</u>	31 <u>Chicken Souvlaki</u>	



“Everything good, everything magical, happens between the months of June and August”

J. HAN