

July 2024 • • Monthly Meal Plan

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 Instant Pot lemon garlic chicken , rice, broccoli	2 Honey mustard lentils rice casserole , vegetable side	3 Skillet lasagna , salad	4 18 Grilled Meat Recipes	5 Snack board	6 Pesto shrimp pasta , salad
7 Garlic butter sausages and lemon green beans	8 Chicken and cauliflower rice casserole , green vegetable	9 Falafel , pita, raw veggies and ranch dip, fruit	10 Super simple sausage pasta , broccoli	11 Cheddar cheeseburger meatloaf , tater tots, squash	12 Cajun salmon burgers , roasted vegetables	13 Chicken salad , fruit
14 Garlic mushroom pork chops , rice, squash	15 Chicken with mustard cream sauce , pasta, vegetable side	16 Lettuce wraps , fruit	17 Broccoli fettuccine alfredo , salad	18 Thai beef drunken zoodles	19 Lemon garlic fish , rice, asparagus	20 Sausage gravy and biscuits , fruit
21 Huli Huli chicken thighs , rice, asparagus	22 Beef stroganoff , pasta, zucchini	23 Lentil tacos , corn	24 Poor man's lasagna , salad	25 Slow cooker crack chicken , zucchini, pasta	26 Birthday Dinner	27 Brazilian shrimp stew , biscuits, salad
28 Pan seared steaks , sweet potato salad	29 Balsamic chicken , carrots, French bread	30 Hashbrown bowls , fruit	31 Chicken parm casserole , broccoli			