MEAL PLAN

july

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