

MONTHLY MEAL PLAN

APRIL 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1 <u>Spinach & Mushroom Smothered Chicken</u>	2 <u>Grilled Steak and Veggie Kabobs</u>	3 <u>Balsamic Steak and Gorgonzola Salad</u>	4 <u>Slow Cooker Italian Beef</u>	5 <u>Shrimp & Steak Kabobs</u>	6 <u>Spaghetti Squash With Meat Sauce</u>	7 <u>Cilantro Lime Chicken</u>
WEEK 2	8 <u>Bruschetta Chicken Casserole</u>	9 <u>Taco Casserole</u>	10 <u>Ranch Baked Pork Chops</u>	11 <u>Eggroll In A Bowl & Egg Drop Soup</u>	12 <u>Lettuce Cheeseburger Wrap & Zucchini Fries</u>	13 <u>Fish Taco Bowls</u>	14 <u>Chicken Bacon Ranch Casserole</u>
WEEK 3	15 <u>Extra Veggies Steak Stir-Fry</u>	16 <u>Bang Bang Chicken Skewers</u>	17 <u>Parmesan Dijon Pork Chops</u>	18 <u>Asian Beef with Mushrooms and Snow Peas</u>	19 <u>One Pan Balsamic Chicken</u>	20 <u>Zucchini Crust Pizza</u>	21 <u>Stuffed Pork Tenderloin</u>
WEEK 4	22 <u>Strawberry Chicken Salad</u>	23 <u>Chicken Parmesan</u>	24 <u>Sheet Pan Sesame Chicken & Veggies</u>	25 <u>Baked Cod With Lemon and Garlic</u>	26 <u>Cheesy Ground Beef Cauliflower Casserole</u>	27 <u>Steak Fajitas Sheet Pan</u>	28 <u>Garlic Butter Chicken Bites & Lemon Asparagus</u>
WEEK 5	29 <u>Cashew Chicken Lettuce Wraps</u>	30 <u>Chicken Alfredo with Broccoli</u>					