


MONTHLY MEAL PLAN

MAY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1			1 <u>Chicken Divan</u>	2 <u>Beef & Broccoli</u> With Cauliflower Rice	3 <u>Chicken Tenders</u>	4 <u>Balsamic Steak and Gorgonzola Salad</u>	5 <u>Mexican Cheesy Chicken Skillet</u>
WEEK 2	6 <u>Chicken Burrito Bowls</u>	7 <u>Salisbury Steak with Mushroom Gravy</u>	8 <u>Ranch Baked Pork Chops</u>	9 <u>Marry Me Chicken</u>	10 <u>Loaded Burger Bowls</u>	11 <u>Sheet Pan Sausage & Veggies</u>	12 
WEEK 3	13 <u>Extra Veggies Steak Stir-Fry</u>	14 <u>Roasted Chili Lime Cod</u>	15 <u>Spinach & Mushroom Smothered Chicken</u>	16 <u>Smoked Sausage Cauliflower Casserole</u>	17 <u>Meatball Casserole</u>	18 <u>Zucchini Crust Pizza</u>	19 <u>Bacon Wrapped Stuffed Chicken</u>
WEEK 4	20 <u>Steak Fajitas Sheet Pan</u>	21 <u>Garlic Butter Chicken Bites & Lemon Asparagus</u>	22 <u>Mediterranean Grilled Chicken Thighs</u>	23 <u>Baked Cod With Lemon and Garlic</u>	24 <u>Cashew Chicken Lettuce Wraps</u>	25 <u>Shrimp Boil</u>	26 <u>Club Lettuce Wrap & Broccoli Cheese Soup</u>
WEEK 5	27 <u>★★★★★ MEMORIAL DAY</u>	28 <u>Grill Chicken Cobb Ceasar Salad</u>	29 <u>Fish Taco Bowls</u>	30 <u>Spaghetti Squash With Meat Sauce</u>	31 <u>Cottage Pie</u>		