

# MONTHLY MEAL PLAN

JUNE 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1						1 <u>Baked Crack Chicken</u>	2 <u>Chicken Bacon Ranch and Veggies</u>
WEEK 2	3 <u>Fish Taco Bowls</u>	4 <u>Sheet Pan Sausage &amp; Veggies</u>	5 <u>Zucchini Chicken Stir-Fry.</u>	6 <u>Chicken Piccata</u>	7 <u>Meatloaf with Mashed Cauliflower</u>	8 <u>Lettuce Cheeseburger Wrap &amp; Zucchini Fries</u>	9 <u>Bruchetta Chicken Casserole</u>
WEEK 3	10 <u>Strawberry Chicken Salad</u>	11 <u>Buffalo Chicken Strips</u>	12 <u>Balsamic Steak and Gorgonzola Salad</u>	13 <u>Beef &amp; Broccoli With Cauliflower Rice</u>	14 <u>Marry Me Chicken</u>	15 <u>Eggroll In A Bowl &amp; Egg Drop Soup</u>	16 <u>Garlic Butter Steak with Brussels Sprouts and Butternut Squash</u>
WEEK 4	17 <u>Shrimp &amp; Steak Kabobs</u>	18 <u>Taco Casserole</u>	19 <u>Sheet Pan Sesame Chicken &amp; Veggies</u>	20 <u>Baked Cod With Lemon and Garlic</u>	21 <u>Cheesy Ground Beef Cauliflower Casserole</u>	22 <u>Steak Fajitas Sheet Pan</u>	23 <u>Slow Cooker Italian Beef</u>
WEEK 5	24 <u>BBQ Chicken Bowl</u>	25 <u>Asian Beef with Mushrooms and Snow Peas</u>	26 <u>Ranch Baked Pork Chops</u>	27 <u>Chicken Alfredo with Broccoli</u>	28 <u>Loaded Cauliflower and Chicken Casserole</u>	29 <u>Honey Mustard Chopped Chicken Salad</u>	30 <u>Smoked Sausage Cauliflower Casserole</u>