

MONTHLY MEAL PLAN

OCTOBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1		1	2	3	4	5	6
WEEK 2	7	8	9	10	11	12	13
WEEK 3	14	15	16	17	18	19	20
WEEK 4	21	22	23	24	25	26	27
WEEK 5	28	29	30	31			

MONTHLY MEAL PLAN

OCTOBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1		1 <u>Big Mac Lettuce Wraps</u>	2 <u>Chicken Divan</u>	3 <u>Ranch Baked Pork Chops</u>	4 <u>Chicken Wrap with Bacon and Avacado</u>	5 <u>Baked Crack Chicken</u>	6 <u>Spinach Lasagna</u>
WEEK 2	7 <u>Sheet Pan Sausage & Veggies</u>	8 <u>Chicken Alfredo with Broccoli</u>	9 <u>Lemon Chicken</u>	10 <u>Marry Me Chicken</u>	11 <u>Zucchini Crust Pizza</u>	12 <u>Fish Taco Bowls</u>	13 <u>Teriyaki Meatballs</u>
WEEK 3	14 <u>Strawberry Chicken Salad</u>	15 <u>Chicken Tenders</u>	16 <u>Balsamic Steak and Gorgonzola Salad</u>	17 <u>Roasted Chili Lime Cod</u>	18 <u>Club Lettuce Wrap & Broccoli Cheese Soup</u>	19 <u>Eggroll In A Bowl & Egg Drop Soup</u>	20 <u>Garlic Butter Steak with Brussels Sprouts and Butternut Squash</u>
WEEK 4	21 <u>Shrimp & Steak Kabobs</u>	22 <u>Mexican Cheesy Chicken Skillet</u>	23 <u>Mediterranean Grilled Chicken Thighs</u>	24 <u>Cashew Chicken Lettuce Wraps</u>	25 <u>Cheesy Ground Beef Cauliflower Casserole</u>	26 <u>Shrimp Boil</u>	27 <u>Slow Cooker Italian Beef</u>
WEEK 5	28 <u>Italian Chicken with Veggies</u>	29 <u>Grill Chicken Cobb Ceasar Salad</u>	30 <u>Honey Mustard Chopped Chicken Salad</u>	31 <u>Parmesan Dijon Pork Chops</u>			

MONTHLY MEAL PLAN

OCTOBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1		1 <u>Cheesy Fajita Chicken Bake</u>	2 Leftover Night	3 <u>Italian Grinder Sliders</u>	4 <u>Salisbury Steak Meatballs</u>	5 <u>Teriyaki Chicken</u>	6 <u>Creamy Sausage Pasta</u>
WEEK 2	7 <u>Breakfast Taquitos</u>	8 <u>Queso Smothered Chicken</u>	9 Leftover Night	10 <u>Lazy Lasagna</u>	11 <u>Chicken Pot Pie</u>	12 <u>Texas Toast Sloppy Jo</u>	13 <u>Sheet Pan Beef Kebabas</u>
WEEK 3	14 <u>Biscuits and Gravy Casserole</u>	15 <u>Taco Ranch Bites</u>	16 Leftover Night	17 <u>Cheesy Chicken Crescent</u>	18 <u>Pierogi And Kielbasa</u>	19 <u>Cracker Barrel Grillen Chicken</u>	20 <u>Baked Ziti</u>
WEEK 4	21 <u>Bacon Pancake Dippers</u>	22 <u>Crunchy Chicken Flutas</u>	23 Leftover Night	24 <u>Ground Beef Philly Cheesesteaks</u>	25 <u>Garlic Balsamic Pork Roast</u>	26 <u>Homemade Stromboli</u>	27 <u>Buffalo Chicken Tater Tot</u>
WEEK 5	28 <u>Loaded Hash Brown Breakfast Nachos</u>	29 <u>Taco Rice</u>	30 Leftover Night	31 <u>Halloween Fun Dinner Ideas</u> 			

MONTHLY MEAL PLAN

SEPTEMBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							1
WEEK 2	2	3	4	5	6	7	8
WEEK 3	9	10	11	12	13	14	15
WEEK 4	16	17	18	19	20	21	22
WEEK 5	23 30	24	25	26	27	28	29

MONTHLY MEAL PLAN

SEPTEMBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							1 <u>Spinach Stuffed Chicken</u>
WEEK 2	2 <u>Shrimp Boil</u>	3 <u>Garlic Butter Steak with Brussels Sprouts and Butternut Squash</u>	4 <u>Beef & Broccoli With Cauliflower Rice</u>	5 <u>Slow Cooker Italian Beef</u>	6 <u>Big Mac Lettuce Wraps</u>	7 <u>Lettuce Cheeseburger Wrap & Zucchini Fries</u>	8 <u>Steak Fajitas Sheet Pan</u>
WEEK 3	9 <u>Eggroll In A Bowl & Egg Drop Soup</u>	10 <u>Garlic Butter Chicken Bites & Lemon Asparagus</u>	11 <u>Balsamic Steak and Gorgonzola Salad</u>	12 <u>Chicken & Cauliflower Rice Casserole</u>	13 <u>Fish Taco Bowls</u>	14 <u>Chicken Burrito Bowls</u>	15 <u>Honey Mustard Chopped Chicken Salad</u>
WEEK 4	16 <u>Asian Beef with Mushrooms and Snow Peas</u>	17 <u>Ranch Baked Pork Chops</u>	18 <u>Sheet Pan Sesame Chicken & Veggies</u>	19 <u>Loaded Burger Bowls</u>	20 <u>Meatball Casserole</u>	21 <u>Bang Bang Chicken Skewers</u>	22 <u>Chicken Parm Zucchini Boats</u>
WEEK 5	23 <u>Steak Salad</u> 30 <u>Taco Casserole</u>	24 <u>Cauliflower Mash with Meatballs</u>	25 <u>Baked Cod With Lemon and Garlic</u>	26 <u>Cheesy Ground Beef Cauliflower Casserole</u>	27 <u>Cashew Chicken Lettuce Wraps</u>	28 <u>Mediterranean Grilled Chicken Thighs</u>	29 <u>Tuscan Chicken With Spaghetti Squash</u>

MONTHLY MEAL PLAN

SEPTEMBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							1 <u>Easy Baked BBQ Chicken</u>
WEEK 2	2 <u>Tater Tot Breakfast Bowl</u>	3 <u>Crispy Chicken Tacos</u>	4 Leftover Night	5 <u>Homemade Chicken Nuggets</u>	6 <u>Sirloin Steak Crockpot Meal</u>	7 <u>5 cheese Ziti</u>	8 <u>Garlic Steak And Potatoes</u>
WEEK 3	9 <u>Biscuits and gravy Casserole</u>	10 <u>Rotel Pasta Fiesta</u>	11 Leftover Night	12 <u>Sheet Pan Beef Kebabas</u>	13 <u>Cheesy Chicken Rotini</u>	14 <u>French Dip Crescents</u>	15 <u>Lemon Pepper Chicken</u>
WEEK 4	16 <u>Bacon & Egg Quesadilla</u>	17 <u>Queso Smothered Chicken</u>	18 Leftover Night	19 <u>Bacon Cheeseburger Biscuits</u>	20 <u>Garlic Balsamic Pork Roast</u>	21 <u>Bread Bowl Spaghetti</u>	22 <u>Philly Cheesesteak Protein Bowl</u>
WEEK 5	23 <u>Sausage McMuffin Casserole</u> 30 <u>French Toast Bake</u>	24 <u>Taco Rice</u>	25 Leftover Night	26 <u>Chicken Green Beans Potatoes</u>	27 <u>Beef & Noodles</u>	28 <u>Smoke Sausage Bake</u>	29 <u>Crispy BBQ Chicken & Bacon Wraps</u>

MONTHLY MEAL PLAN

AUGUST 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1				1 <u>Peanut Chicken Lettuce Wraps</u>	2 <u>Garlic Butter Code</u>	3 <u>Steak Stirfry</u>	4 <u>Shrimp Boil</u>
WEEK 2	5 <u>Sheet Pan Sausage & Veggies</u>	6 <u>Italian Chicken with Veggies</u>	7 <u>Lemon Chicken</u>	8 <u>Slow Cooker Italian Beef</u>	9 <u>Big Mac Lettuce Wraps</u>	10 <u>Fish Taco Bowls</u>	11 <u>Teriyaki Meatballs</u>
WEEK 3	12 <u>Loaded Burger Bowls</u>	13 <u>Bang Bang Chicken Skewers</u>	14 <u>Balsamic Steak and Gorgonzola Salad</u>	15 <u>Chicken Wrap with Bacon and Avacado</u>	16 <u>Spinach Lasagna</u>	17 <u>Lettuce Cheeseburger Wrap & Zucchini Fries</u>	18 <u>Bruchetta Chicken Casserole</u>
WEEK 4	19 <u>Eggroll In A Bowl & Egg Drop Soup</u>	20 <u>Chicken Alfredo with Broccoli</u>	21 <u>Chicken Burrito Bowls</u>	22 <u>Tuscan Chicken With Spaghetti Squash</u>	23 <u>Cheesy Ground Beef Cauliflower Casserole</u>	24 <u>Bacon Cheeseburger Pie</u>	25 <u>Steak Salad</u>
WEEK 5	26 <u>Steak Fajitas Sheet Pan</u>	27 <u>Garlic Butter Chicken Bites & Lemon Asparagus</u>	28 <u>Parmesan Dijon Pork Chops</u>	29 <u>Beef & Broccoli With Cauliflower Rice</u>	30 <u>Fiesta Lime Chicken</u>	31 <u>Steak Shish Kabob</u>	

MONTHLY MEAL PLAN

AUGUST 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1				1 <u>BBQ Baked Sausage</u>	2 <u>Cheesy Chicken Rotini</u>	3 <u>Ultimate Cheesecake Tortellini</u>	4 <u>Big Mac Salad</u>
WEEK 2	5 <u>Breakfast Calzone</u>	6 <u>Slow Cooker Enchilada Tacos</u>	7 <u>Loaded Burger Bowls</u>	8 <u>Sausage Alfredo Bake</u>	9 <u>Mississippi Meatballs</u>	10 <u>Pulled Pork Mac n cheese</u>	11 <u>Italian Grinder Sliders</u>
WEEK 3	12 <u>French Toast Bites</u>	13 <u>Creamy Rotel Pasta</u>	14 <u>Honey garlic chicken</u>	15 <u>Texas Toast Sloppy Jo</u>	16 <u>Garlic Parmesan Chicken Potatoes</u>	17 <u>Hobo Casserole</u>	18 <u>Buffalo Chicken Nachos</u>
WEEK 4	19 <u>Breakfast Burrito Bowls</u>	20 <u>Chicken Taco Taquitos</u>	21 <u>Swedish Meatball Orzo</u>	22 <u>Loaded Potato Chicken Ranch</u>	23 <u>Teriyaki Chicken</u>	24 <u>Cheesy Meatball Casserole</u>	25 <u>BBQ Pineapple Pork Chops</u>
WEEK 5	26 <u>Mini Pancake Sausage Bites</u>	27 <u>Taco Rice</u>	28 <u>Cheesy Beef Hashbrown Casserole</u>	29 <u>Cracker Barrel Grillen Chicken</u>	30 <u>Sirloin Steak w/mashed potatoes</u>	31 <u>Chicken Pot Pie</u>	

MONTHLY MEAL PLAN

AUGUST 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1				1	2	3	4
WEEK 2	5	6	7	8	9	10	11
WEEK 3	12	13	14	15	16	17	18
WEEK 4	19	20	21	22	23	24	25
WEEK 5	26	27	28	29	30	31	

MONTHLY MEAL PLAN

JUNE 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1						1	2
WEEK 2	3	4	5	6	7	8	9
WEEK 3	10	11	12	13	14	15	16
WEEK 4	17	18	19	20	21	22	23
WEEK 5	24	25	26	27	28	29	30


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 & 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 & 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 & Broccoli With Cauliflower Rice</u>	14 <u>Marry Me Chicken</u>	15 <u>Eggroll In A Bowl & Egg Drop Soup</u>	16 <u>Garlic Butter Steak with Brussels Sprouts and Butternut Squash</u>
WEEK 4	17 <u>Shrimp & Steak Kabobs</u>	18 <u>Taco Casserole</u>	19 <u>Sheet Pan Sesame Chicken & 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>

MONTHLY MEAL PLAN

JUNE 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1						1 <u>Hawaiian Grilled Chicken Sandwiches</u>	2 <u>Cheeseburger Pasta</u>
WEEK 2	3 <u>Breakfast Grilled Cheese</u>	4 <u>Beef Enchiladas Casserole</u>	5 Leftover Night	6 <u>Philly Cheese Steak Sloppy Joes</u>	7 <u>PF Changs Crispy Honey Chicken</u>	8 <u>Steak Kabobs With Garlic Butter</u>	9 <u>Cheesy White Pizza Pasta</u>
WEEK 3	10 <u>Bacon Pancake Dippers</u>	11 <u>Rotel Pasta</u>	12 Leftover Night	13 <u>Crockpot smoke sausage and potatoes</u>	14 <u>Chick-fil-a Chicken minis</u>	15 <u>Honey Garlic Pork Rice</u>	16 
WEEK 4	17 <u>Breakfast Nachos</u>	18 <u>Crunchy Chicken Flautas</u>	19 Leftover Night	20 <u>Bread Bowl Spaghetti</u>	21 <u>Cheesecake Factory Chicken and Broccoli</u>	22 <u>Homemade Stromboli</u>	23 <u>BBQ Bacon Cheeseburger Frito Pie</u>
WEEK 5	24 <u>Pigs in a Blanket Casserole</u>	25 <u>Cornbread Taco Bake</u>	26 Leftover Night	27 <u>Crockpot Pork Tenderloin</u>	28 <u>Cracker Barrel Grilled Chicken Tenderloins</u>	29 <u>Swedish Meatball Orzo</u>	30 <u>Country Style Ribs</u>


MONTHLY MEAL PLAN

MAY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1			1	2	3	4	5
WEEK 2	6	7	8	9	10	11	12 
WEEK 3	13	14	15	16	17	18	19
WEEK 4	20	21	22	23	24	25	26
WEEK 5	27 ★ ★ ★ ★ ★ ★ ★ ★ MEMORIAL DAY	28	29	30	31		

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>		

MONTHLY MEAL PLAN

MAY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1			1 Leftover Night	2 <u>Smoke Sausage Bake</u>	3 <u>Montery Chicken Chili's Copycat</u>	4 <u>Homemade Stromboli</u>	5 <u>Taco Casserole</u>
WEEK 2	6 <u>Breakfast Pizza</u>	7 <u>Lazy Enchiladas</u>	8 Leftover Night	9 <u>Homemade Chicken Nuggets</u>	10 <u>Olive Garden's 5 Cheese Ziti</u>	11 <u>Honey Garlic Pork Rice</u>	12 
WEEK 3	13 <u>Easy Biscuits and Gravy</u>	14 <u>Crispy Chicken Tacos</u>	15 Leftover Night	16 <u>Crockpot Ranch Chicken</u>	17 <u>Longhorn Parmesan Crusted Chicken</u>	18 <u>Garlic Steak Bites with Potatoes</u>	19 <u>Grilled Chicken Sandwich</u>
WEEK 4	20 <u>French Toast Bake</u>	21 <u>Tater Tot Nachos</u>	22 Leftover Night	23 <u>Lemon Pepper Chicken</u>	24 <u>Taco Bell Quesadilla With Nacho Fries</u>	25 <u>Honey Garlic Chicken</u>	26 <u>Bacon Cheeseburger Biscuits</u>
WEEK 5	27 <u>★★★★★ MEMORIAL DAY</u>	28 <u>Taco Pasta</u>	29 Leftover Night	30 <u>BBQ Smoke Sausage</u>	31 <u>Chick-fil-a Cool Wrap</u>		

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>					

MONTHLY MEAL PLAN

APRIL 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1 <u>Ham and Cheese Croissant Bake</u>	2 <u>Taco Rice with Queso</u>	3 Leftovers	4 <u>Slow cooker Creamy garlic chicken and veggies</u>	5 <u>French Dip Crescents</u>	6 <u>Bubble Up Pizza</u>	7 <u>Monte Cristo Roll-ups</u>
WEEK 2	8 <u>French Toast Bake</u>	9 <u>Spicy Ranch Chicken Tacos</u>	10 Leftovers	11 <u>Crockpot smoke sausage and potatoes</u>	12 <u>Cheesy Beef Hashbrown Casseeole</u>	13 <u>Lasagna Stuffed Chicken</u> -	14 <u>Sheet pan Pork Chops with Veggies</u>
WEEK 3	15 <u>Breakfast Pizza</u>	16 <u>Cheesy Gordita Crunch</u>	17 Leftovers	18 <u>Crockpot Chicken Bacon Ranch Pasta</u>	19 <u>Sheet-Pan Beef Kebabs</u>	20 <u>Cheeseburger Pasta Dinner</u>	21 <u>Bread Bowl Spaghetti</u>
WEEK 4	22 <u>Sausage Breakfast Muffins</u>	23 <u>Chicken Tostadas</u>	24 Leftovers	25 <u>Crockpot Pizza Casserole</u>	26 <u>Loaded Cheeseburger Bowls</u>	27 <u>Lemon Butter Chicken with Veggies</u>	28 <u>Honey Garlic Pork Rice Bowl</u>
WEEK 5	29 <u>Breakfast Grilled Cheese</u>	30 Tacos					

MONTHLY MEAL PLAN

APRIL 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1	2	3	4	5	6	7
WEEK 2	8	9	10	11	12	13	14
WEEK 3	15	16	17	18	19	20	21
WEEK 4	22	23	24	25	26	27	28
WEEK 5	29	30					

MONTHLY MEAL PLAN

MARCH 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1					1 <u>Cilantro Lime Chicken</u>	2 <u>Spinach Lasagna</u>	3 <u>Gouda and Apple Stuffed Pork Chops</u>
WEEK 2	4 <u>Chicken Gyro Bowls</u>	5 <u>Grilled Steak and Veggie Kabobs</u>	6 <u>Zucchini Chicken Stir-Fry.</u>	7 <u>Chili</u>	8 <u>Cashew Chicken Lettuce Wraps</u>	9 <u>Fish Taco Bowls</u>	10 <u>Cheesy Ground Beef Cauliflower Casserole</u>
WEEK 3	11 <u>Stuffed Pork Tenderloin</u>	12 <u>Garlic Butter Chicken and Cauliflower Rice</u>	13 <u>Balsamic Steak and Gorgonzola Salad</u>	14 <u>Marry Me Chicken</u>	15 <u>Cashew Chicken Lettuce Wraps</u>	16 <u>Chicken Burrito Bowls</u>	17  <u>Cabbage Rolls</u>
WEEK 4	18 <u>Asian Beef with Mushrooms and Snow Peas</u>	19 <u>Chicken Alfredo with Broccoli</u>	20 <u>One Pan Balsamic Chicken</u>	21 <u>Strawberry Chicken Salad</u>	22 <u>Baked Cod With Lemon and Garlic</u>	23 <u>Chicken Parmesan</u>	24 <u>Tortilla Wrap Pizza</u>
WEEK 5	25 <u>Zuppa Tuscano Soup</u>	26 <u>Cauliflower Mash with Meatballs</u>	27 <u>Extra Veggies Steak Stir-Fry.</u>	28 <u>Grilled Chicken with Avocado Salsa</u>	29 <u>Caprese Chicken</u>	30 <u>Ranch Baked Pork Chops</u>	31  <u>Easter Dinner</u>

MONTHLY MEAL PLAN

MARCH 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1					1 <u>Crockpot Chicken Nachos</u>	2 ♥ <u>Smoke Sausage Bake</u>	3 <u>Garlic Chicken Bites</u>
WEEK 2	4 <u>Biscuits and Gravy Casserole With Eggs</u>	5 <u>Cheesy Beef Taquitos</u>	6 Leftovers	7 Spaghetti	8 <u>Crockpot Beef and Noodles</u>	9 <u>Buffalo Chicken Mac n Cheese</u>	10 <u>Texas Toast Sloppy Joes</u>
WEEK 3	11 ♥ <u>Cinnamon Roll Sheetpan Pancakes</u>	12 <u>Sheetpan Chicken Fajitas</u>	13 Leftovers	14 ♥ <u>Homemade Chicken Nuggets</u>	15 <u>Crockpot Pork Tenderloin</u>	16 <u>Sausage and Potato Soup</u>	17  <u>Unstuffed Cabbage Rolls</u>
WEEK 4	18 <u>Breakfast Pigs In A Blanket</u>	19 <u>Cheesy Taco Tater Tot Casserole</u>	20 Leftovers	21 <u>Bubble up Pizza</u>	22 <u>Crockpot Orange Chicken</u>	23 <u>Baked Ziti</u>	24 <u>Crack Chicken Sandwiches</u>
WEEK 5	25 <u>Waffle Bar With Fruit</u>	26 <u>Simple Enchiladas</u>	27 Leftovers	28 <u>Cheeseburger Pasta</u>	29 <u>Country Style Ribs</u>	30 <u>Cheesy Meatball Bites</u>	31  <u>Easter Dinner</u>

MEAL PLAN

FEBRUARY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1				1 <u>Texas Toast</u> <u>Sloppy Joes</u>	2 <u>Crockpot</u> <u>Zesty Italian</u> <u>Chicken Pasta</u>	3 <u>Instant Pot</u> <u>Lazy</u> <u>Lasagna</u> -	4 <u>Garlic Butter</u> <u>Chicken</u> <u>w/veggies</u>
WEEK 2	5 <u>Hawaiian Roll</u> <u>French</u> <u>Toast</u>	6 <u>Tacos</u> <u>W/ Spanish</u> <u>Rice</u>	7 Leftovers	8 <u>Creamy Beef</u> <u>And</u> <u>Shells</u>	9 <u>Crockpot</u> <u>Ranch</u> <u>Pork Chops</u>	10 <u>Cheeseburger</u> <u>Biscuits</u>	11 Super Bowl: Finger Foods
WEEK 3	12 <u>Cinnamon Roll</u> <u>Sheet pan</u> <u>Pancakes</u>	13 <u>Dorito</u> <u>Casserole</u>	14 Valentine's Day	15 <u>Copycat</u> <u>KFC Chicken</u> <u>Bowls</u>	16 <u>Stuffed</u> <u>Pepper</u> <u>Soup</u>	17 <u>Creamy</u> <u>Parmesan</u> <u>One pot</u> <u>Chicken & Rice</u>	18 <u>Crockpot</u> <u>Pizza</u> <u>Casserole</u> -
WEEK 4	19 <u>Sausage &</u> <u>cream cheese</u> <u>Crescents</u>	20 <u>Easy Taco</u> <u>Rice</u>	21 Leftovers	22 <u>Tik Tok</u> <u>Ziti</u>	23 <u>Crockpot</u> <u>Chicken</u> <u>Nachos</u>	24 <u>Air Fryer</u> <u>Pork Chops</u>	25 <u>Beef &</u> <u>Noodles</u>
WEEK 5	26 <u>Breakfast</u> <u>Rolls</u>	27 <u>Cheesy Beef</u> <u>Quesadilla</u>	28 Leftovers	29 <u>Chicken</u> <u>Green Beans</u> <u>Potatoes</u>			

MEAL PLAN

FEBRUARY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1				1 <u>Spinach & Mushroom Smothered Chicken</u>	2 <u>Spaghetti Squash With Meat Sauce</u>	3 <u>Shrimp & Steak Kabobs</u>	4 <u>Lemon Chicken</u>
WEEK 2	5 <u>Club Lettuce Wrap & Broccoli Cheese Soup</u>	6 <u>Sheet Pan Sausage & Veggies</u>	7 <u>Chicken Bacon Ranch Casserole</u>	8 <u>Eggroll In A Bowl & Egg Drop Soup</u>	9 <u>Meatloaf with Mashed Cauliflower</u>	10 <u>Slow Cooker Italian Beef</u>	11 <u>Baked Crack Chicken</u>
WEEK 3	12 <u>Bruchetta Chicken Casserole</u>	13 <u>Bang Bang Chicken Skewers</u>	14 <u>Parmesan Dijon Pork Chops</u>	15 <u>Grill Chicken Cobb Ceasar Salad</u>	16 <u>Zucchini Crust Pizza</u>	17 <u>Chili & Cornbread</u>	18 <u>Zuppa Toscano Soup and Salad</u>
WEEK 4	19 <u>Taco Casserole</u>	20 <u>Chicken & Cauliflower Rice Casserole</u>	21 <u>Sheet Pan Sesame Chicken & Veggies</u>	22 <u>Spinach Stuffed Chicken</u>	23 <u>Lettuce Cheeseburger Wrap & Zucchini Fries</u>	24 <u>Steak Fajitas Sheet Pan</u>	25 <u>Chicken Parm Zucchini Boats</u>
WEEK 5	26 <u>Beef & Broccoli With Cauliflower Rice</u>	27 <u>Garlic Butter Chicken Bites & Lemon Asparagus</u>	28 <u>Tuscan Chicken With Spaghetti Squash</u>	29 <u>Honey Mustard Chopped Chicken Salad</u>			

MEAL PLAN

JANUARY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1 Happy New Years	2 Baked Tacos	3 Leftovers	4 Pork Chops Potatoes Veggie	5 Crockpot Chicken Parmesan Soup	6 Spaghetti Garlic Bread Salad	7 Smoke Sausage Bake
WEEK 2	8 Breakfast night: Breakfast Pig in blankets with eggs	9 Taco Bowls	10 Leftovers	11 Chicken Broccoli Tortellini	12 Crockpot Pizza Casserole	13 Chicken With Veggies	14 Sloppy Joes
WEEK 3	15 Breakfast Bowls	16 Lazy Enchiladas	17 Leftovers	18 Easy Stuffed Peppers	19 Crockpot Ritz Chicken	20 Creamy Tuscany Ravioli Soup	21 Homemade chicken nuggets With Fries
WEEK 4	22 Biscuits and Gravy Casserole	23 Walking Tacos	24 Leftovers	25 Orange Chicken Rice	26 Slow cooker Cheesy potato sausage	27 Sausage Rigatoni D	28 Bubble Pizza
WEEK 5	29 Pancakes	30 Cheesy Taco Tater Tot casserole	31 Leftovers				

MONTHLY MEAL PLAN

JULY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1	2	3	4	5	6	7
WEEK 2	8	9	10	11	12	13	14
WEEK 3	15	16	17	18	19	20	21
WEEK 4	22	23	24	25	26	27	28
WEEK 5	29	30	31				

MONTHLY MEAL PLAN

JULY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1	2	3	4	5	6	7
WEEK 2	8	9	10	11	12	13	14
WEEK 3	15	16	17	18	19	20	21
WEEK 4	22	23	24	25	26	27	28
WEEK 5	29	30	31				

MONTHLY MEAL PLAN

JULY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1	2	3	4	5	6	7
WEEK 2	8	9	10	11	12	13	14
WEEK 3	15	16	17	18	19	20	21
WEEK 4	22	23	24	25	26	27	28
WEEK 5	29	30	31				

MONTHLY MEAL PLAN

NOVEMBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1					1	2	3
WEEK 2	4	5	6	7	8	9	10
WEEK 3	11	12	13	14	15	16	17
WEEK 4	18	19	20	21	22	23	24
WEEK 5	25	26	27	28	29	30	

MONTHLY MEAL PLAN

NOVEMBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1					1	2	3
WEEK 2	4	5	6	7	8	9	10
WEEK 3	11	12	13	14	15	16	17
WEEK 4	18	19	20	21	22	23	24
WEEK 5	25	26	27	28	29	30	

MONTHLY MEAL PLAN

NOVEMBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1					1	2	3
WEEK 2	4	5	6	7	8	9	10
WEEK 3	11	12	13	14	15	16	17
WEEK 4	18	19	20	21	22	23	24
WEEK 5	25	26	27	28	29	30	

MONTHLY MEAL PLAN

DECEMBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							1
WEEK 2	2	3	4	5	6	7	8
WEEK 3	9	10	11	12	13	14	15
WEEK 4	16	17	18	19	20	21	22
WEEK 5	23 30	24 31	25	26	27	28	29

MONTHLY MEAL PLAN

DECEMBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							1
WEEK 2	2	3	4	5	6	7	8
WEEK 3	9	10	11	12	13	14	15
WEEK 4	16	17	18	19	20	21	22
WEEK 5	23 30	24 31	25	26	27	28	29

MONTHLY MEAL PLAN

DECEMBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							1
WEEK 2	2	3	4	5	6	7	8
WEEK 3	9	10	11	12	13	14	15
WEEK 4	16	17	18	19	20	21	22
WEEK 5	23 30	24 31	25	26	27	28	29