

AUGUST MEAL PLAN

2025

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