

# May 2022

## MONTHLY MEAL PLAN

SUN	MON	TUE	WED	THU	FRI	SAT
greek <sup>01</sup> lemon chicken skewers with tzaziki dip	cheesebur <sup>02</sup> ger casserole with side salad	skillet <sup>03</sup> chicken fajitas + chips & salsa	healthy <sup>04</sup> sloppy joes & kettle chips	<sup>05</sup> sweet chili meatballs + rice + broccoli	<sup>06</sup> bbq chicken nachos	<sup>07</sup> leftovers from the week
<sup>08</sup> chicken enchilada dip + tortilla chips	<sup>09</sup> easy taco casserole with chips & salsa	bbq <sup>10</sup> chicken meatballs + rice + broccoli	<sup>11</sup> baked coconut shrimp + fresh fruit	<sup>12</sup> spicy tuna poke bowls	<sup>13</sup> healthy chicken enchiladas with chips + salsa	<sup>14</sup> leftovers from the week
<sup>15</sup> chipotle lime turkey burgers + sweet potato fries	<sup>16</sup> pizza pasta casserole + side salad	<sup>17</sup> panera green goddess salad	<sup>18</sup> sesame chicken lettuce wraps	<sup>19</sup> buffalo chicken pasta bake + veggies	<sup>20</sup> slow cooker pork carnitas with chips + salsa	<sup>21</sup> leftovers from the week
slow <sup>22</sup> cooker BBQ pulled pork sandwiches + chips	<sup>23</sup> chicken bacon ranch casserole + side salad	<sup>24</sup> honey garlic salmon with rice + broccoli	<sup>25</sup> copy cat chick-fil-a market salad	<sup>26</sup> philly cheese- steak skillet with hoagie rolls	<sup>27</sup> cashew chicken stir fry with greens	<sup>28</sup> leftovers from the week
<sup>29</sup> bacon gouda turkey burgers + fries	<sup>30</sup> chicken alfredo pasta bake + side salad	<sup>31</sup> english muffin pizzas + side salad	<p><b>all recipes free on <a href="http://jordosworld.com">jordosworld.com</a></b> to find any recipe in MyFitnessPal, search "Jordo's World + Title of Recipe"</p>			

