May 2022 MONTHLY MEAL PLAN

SUN	MON	TUE	WED	THU	FRI	SAT
greek 01 lemon chicken skewers with tzaziki dip	cheesebur ger casserole with side salad	skillet 03 chicken fajitas • chips & salsa	healthy sloppy joes & kettle chips	sweet chili meatballs • rice • broccoli	bbq chicken nachos	leftovers from the week
chicken enchilada dip.• tortilla chips	easy taco casserole with chips & salsa	bbq 10 chicken meatballs + rice + broccoli	baked coconut shrimp • fresh fruit	spicy tuna poke bowls	healthy chicken enchiladas with chips • salsa	leftovers from the week
chipotle lime turkey burgers * sweet potato fries	pizza pasta casserole • side salad	panera green goddess salad	sesame chicken lettuce wraps	buffalo chicken pasta bake • veggies	slow cooker pork carnitas with chips • satsa	leftovers from the week
slow 22 cooker BBO pulled pork sandwiches + chips	chicken bacon ranch casserole * side salad	honey garlic salmon with rice • broccoli	copy_cat chick-fit-a market salad	philly cheese- steak skillet with hoagie rolls	cashew chicken stir fry with greens	leftovers from the week
bacon gouda turkey burgers •	chicken alfredo pasta bake + side salad	english muffin pizzas + side salad	all recipes free on jordosworld.com to find any recipe in MyFitnessPal, search "Jordo's World • Title of Recipe"			

Meal Prep Ideas This Month

Gina Homolka

Meal Prep Ideas This Month:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through Meal Prep Ideas This Month

In some sort of inundated with monitors and the cacophony of instantaneous interaction, the profound power and psychological resonance of verbal art frequently disappear in to obscurity, eclipsed by the constant barrage of sound and distractions. However, nestled within the lyrical pages of **Meal Prep Ideas This Month**, a interesting perform of literary elegance that impulses with natural thoughts, lies an unforgettable trip waiting to be embarked upon. Written by a virtuoso wordsmith, that interesting opus books readers on an emotional odyssey, softly revealing the latent potential and profound affect stuck within the complicated internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is key styles, dissect their interesting publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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