

May 2022

MONTHLY MEAL PLAN

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



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Meal Prep Ideas This Month

Malia Frey

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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