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

M Tight

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