

March 2022

MONTHLY MEAL PLAN

MON	TUE	WED	THU	FRI	SAT	SUN
	01 <u>chicken alfredo pasta bake</u> & side salad	02 <u>slow cooker turkey chili</u> with <u>cornbread muffins</u>	03 <u>cashew chicken stir fry</u> with greens	04 <u>easy taco casserole</u> with chips & salsa	05 <u>honey garlic salmon</u> with <u>rice & broccoli</u>	06 leftovers from the week
07 <u>sesame chicken lettuce wraps</u>	08 <u>chicken bacon ranch casserole</u> & side salad	09 <u>sausage potato kale soup</u> & toasted sourdough	10 <u>greek lemon chicken skewers</u> with <u>tzaziki dip</u>	11 <u>green chili chicken</u> tacos (or bowls)	12 <u>bacon gouda turkey burgers</u> & fries	13 leftovers from the week
14 <u>firecracker chicken bowls</u> with rice & broccoli	15 <u>spaghetti squash casserole</u> with side salad	16 <u>vegan lentil soup</u> & toasted naan	17 <u>slow cooker pork carnitas</u> with chips & salsa	18 <u>healthy orange chicken</u> bowls with rice & broccoli	19 <u>philly cheesesteak skillet</u> with hoagie rolls	20 leftovers from the week
21 <u>healthy chicken enchiladas</u> with chips & salsa	22 <u>turkey pasta primavera</u> & side salad	23 <u>creamy sausage tortellini soup</u>	24 <u>buffalo chicken pasta bake</u> & veggies	25 <u>buffalo chicken sliders</u> with veggies & hummus	26 <u>chipotle lime turkey burgers</u> & sweet potato fries	27 leftovers from the week
28 <u>cheeseburger casserole</u> with side salad	29 <u>baked coconut shrimp</u>	30 <u>healthy sloppy joes</u> & veggies	31 <u>slow cooker BBQ pulled pork sandwiches</u> & chips			

