

April 2022

MONTHLY MEAL PLAN

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

