

May 2022

MONTHLY MEAL PLAN

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

