

June 2022

MONTHLY MEAL PLAN

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

