

April 2023

MONTHLY MEAL PLAN

MON	TUE	WED	THU	FRI	SAT	SUN
all recipes & meal plans free on jordosworld.com or use recipes to make a free custom meal plan					01 healthy tuscan chicken pasta	02 buffalo chicken pasta bake + veggies
03 healthy chicken enchiladas	04 salsa chicken & rice bowls	05 pizza pasta casserole + side salad	06 southwest chicken skillet	07 honey garlic salmon + rice + broccoli	08 cashew chicken stir fry	09 cheesy mexican quinoa skillet
10 stuffed pepper skillet	11 cheesy chicken & rice bowls	12 cheese-burger casserole + side salad	13 ground turkey sweet potato skillet	14 sweet potato tahini bowl	15 healthy orange chicken bowls + rice + broccoli	16 creamy sausage tortellini soup
17 turkey pasta primavera	18 salmon roll sushi bowl	19 easy taco skillet + tortilla chips	20 ground turkey skillet with veggies	21 chicken alfredo pasta bake + side salad	22 chipotle lime turkey burgers + sweet potato fries	23 healthy zuppa toscana
24 sesame chicken lettuce wraps	25 30-minute teriyaki bowl	26 skillet shrimp fajitas + tortilla chips	27 green chili chicken enchilada skillet	28 cheesy mexican quinoa skillet	29 general tso meatballs + rice + broccoli	30 healthy tuscan chicken pasta

