

December 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 <u>coconut</u> <u>chicken</u> <u>curry</u>	02 <u>healthy</u> <u>tuscan</u> <u>chicken</u> <u>pasta</u>	03 <u>skillet</u> <u>lasagna</u>
04 <u>healthy</u> <u>white</u> <u>chicken</u> <u>chili</u>	05 <u>buffalo</u> <u>chicken</u> <u>casserole</u>	06 <u>korean</u> <u>ground</u> <u>beef</u> <u>bowls</u>	07 <u>stuffed</u> <u>pepper</u> <u>skillet</u>	08 <u>cheese-</u> <u>burger</u> <u>casserole +</u> <u>side salad</u>	09 <u>general</u> <u>tso</u> <u>meatballs</u> <u>+ rice</u>	10 <u>healthy</u> <u>chicken</u> <u>enchiladas</u>
11 <u>healthy</u> <u>zuppa</u> <u>toscana</u>	12 <u>easy</u> <u>pizza</u> <u>casserole</u>	13 <u>sweet</u> <u>potato</u> <u>tahini</u> <u>bowl</u>	14 <u>chicken</u> <u>ramen stir</u> <u>fry</u>	15 <u>salsa</u> <u>chicken &</u> <u>rice bowls</u>	16 <u>turkey</u> <u>pasta</u> <u>primavera</u>	17 <u>cashew</u> <u>chicken</u> <u>stir fry</u>
18 <u>creamy</u> <u>sausage</u> <u>tortellini</u> <u>soup</u>	19 <u>cheesy</u> <u>chicken</u> <u>crescent</u> <u>roll</u> <u>casserole</u>	20 <u>egg roll</u> <u>in a bowl</u>	21 30-minute <u>teriyaki</u> <u>bowl</u>	22 <u>chicken</u> <u>bacon</u> <u>ranch pasta</u> <u>salad</u>	23 <u>ground</u> <u>turkey</u> <u>skillet with</u> <u>veggies</u>	24 <u>buffalo</u> <u>chicken</u> <u>pasta bake</u> <u>+ veggies</u>
25 <u>sausage</u> <u>kale and</u> <u>white bean</u> <u>soup</u>	26 <u>sloppy joe</u> <u>crescent</u> <u>roll</u> <u>casserole</u>	27 <u>cheesy</u> <u>chicken &</u> <u>rice bowls</u>	28 <u>ground</u> <u>turkey</u> <u>sweet</u> <u>potato</u> <u>skillet</u>	29 <u>jalapeno</u> <u>popper</u> <u>chicken</u> <u>casserole</u>	30 <u>turkey</u> <u>lasagna</u>	31 <u>chicken</u> <u>alfredo</u> <u>pasta bake</u> <u>+ side salad</u>

