

January 2024

# MONTHLY MEAL PLAN

MON	TUE	WED	THU	FRI	SAT	SUN
01 <u>mexican tater tot casserole</u>	02 <u>salsa chicken &amp; rice bowls</u>	03 <u>healthy tuscan chicken pasta</u>	04 <u>buffalo chicken casserole</u>	05 <u>cashew chicken stir fry</u>	06 <u>skillet lasagna</u>	07 <u>creamy sausage tortellini soup</u>
08 <u>cheesy chicken crescent roll casserole</u>	09 <u>egg roll in a bowl</u>	10 <u>ground turkey skillet with veggies</u>	11 <u>cheese-burger casserole + side salad</u>	12 <u>sweet potato tahini bowl</u>	13 <u>chicken ramen stir fry</u>	14 <u>healthy white chicken chili</u>
15 <u>easy pizza casserole</u>	16 <u>ground turkey sweet potato skillet</u>	17 <u>buffalo chicken pasta bake + veggies</u>	18 <u>coconut chicken curry</u>	19 <u>healthy chicken enchiladas</u>	20 <u>turkey pasta primavera</u>	21 <u>sausage kale and white bean soup</u>
22 <u>sloppy joe crescent roll casserole</u>	23 <u>stuffed pepper skillet</u>	24 <u>turkey lasagna</u>	25 <u>general tso meatballs + rice</u>	26 <u>korean ground beef bowls</u>	27 <u>cheesy chicken &amp; rice bowls</u>	28 <u>healthy zuppa toscana</u>
29 <u>jalapeno popper chicken casserole</u>	30 <u>30-minute teriyaki bowl</u>	31 <u>chicken bacon ranch pasta salad</u>	<b>all recipes &amp; meal plans free on <a href="https://jordosworld.com">jordosworld.com</a></b> or use recipes to make a <u>free custom meal plan</u>			

