

May 2024

MONTHLY MEAL PLAN

MON	TUE	WED	THU	FRI	SAT	SUN
		01 <u>chicken ramen stir fry</u>	02 <u>buffalo chicken pasta bake + veggies</u>	03 <u>salmon roll sushi bowl</u>	04 <u>stuffed pepper skillet</u>	05 <u>general tso meatballs + rice</u>
06 <u>salsa chicken & rice bowls</u>	07 <u>easy pizza casserole</u>	08 <u>30-minute teriyaki bowl</u>	09 <u>tater tot shepherd's pie</u>	10 <u>healthy chicken enchiladas</u>	11 <u>ground turkey skillet with veggies</u>	12 <u>skillet shrimp fajitas</u>
13 <u>crockpot mexican chicken recipe</u>	14 <u>sloppy joe crescent roll casserole</u>	15 <u>ground turkey sweet potato skillet</u>	16 <u>cheesy chicken crescent roll casserole</u>	17 <u>easy beef burritos</u>	18 <u>healthy tuscan chicken pasta</u>	19 <u>southwest chicken skillet</u>
20 <u>cheesy chicken & rice bowls</u>	21 <u>jalapeno popper chicken casserole</u>	22 <u>egg roll in a bowl</u>	23 <u>mexican tater tot casserole</u>	24 <u>chicken bacon ranch pasta salad</u>	25 <u>pesto chicken pasta salad</u>	26 <u>ranch chicken casserole</u>
27 <u>turkey pasta primavera</u>	28 <u>buffalo chicken casserole</u>	29 <u>green chili chicken skillet enchiladas</u>	30 <u>cheese-burger casserole + side salad</u>	31 <u>easy taco skillet</u>	all recipes & meal plans free on jordosworld.com	

