

June 2024

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 salsa chicken & rice bowls	⁰² cheese burger tater tot casserole
⁰³ salmon roll sushi bowl	⁰⁴ tuscan chicken pasta salad	⁰⁵ mexican tater tot casserole	⁰⁶ healthy chicken enchiladas	⁰⁷ easy pizza casserole	⁰⁸ turkey pasta primavera	⁰⁹ ranch chicken casserole
¹⁰ spring roll bowl	¹¹ pesto chicken pasta salad	¹² ground turkey skillet with veggies	¹³ cheesy chicken crescent roll casserole	¹⁴ buffalo chicken casserole	¹⁵ green chili chicken skillet enchiladas	¹⁶ easy taco skillet
¹⁷ egg roll in a bowl	¹⁸ cobb pasta salad	¹⁹ crockpot mexican chicken recipe	²⁰ general tso meatballs + rice	²¹ jalapeno popper chicken casserole	²² cheesy chicken & rice bowls	²³ stuffed pepper skillet
²⁴ 30-minute teriyaki bowl	²⁵ chicken bacon ranch pasta salad	²⁶ ground turkey sweet potato skillet	²⁷ cheese- burger casserole + side salad	²⁸ sloppy joe crescent roll casserole	²⁹ healthy tuscan chicken pasta	³⁰ skillet shrimp fajitas

