

September 2024

MONTHLY MEAL PLAN

SUN	MON	TUES	WED	THUR	FRI	SAT
01 crockpot honey garlic chicken	02 cobb pasta salad	03 salmon roll sushi bowl	04 sloppy joe crescent roll casserole	05 30-minute teriyaki bowl	06 green chili chicken skillet enchiladas	07 cheese-burger casserole
08 crockpot mexican chicken recipe	09 thai chicken salad	10 stuffed pepper skillet	11 easy pizza casserole	12 general tso meatballs	13 cheesy chicken crescent roll casserole	14 easy taco skillet
15 slow cooker pork carnitas	16 dill pickle chicken salad	17 ground turkey skillet with veggies	18 ranch chicken casserole	19 buffalo chicken casserole	20 healthy chicken enchiladas	21 jalapeno popper chicken casserole
22 slow cooker BBQ pulled pork	23 tuscan chicken pasta salad	24 turkey pasta primavera	25 mexican tater tot casserole	26 cheese burger tater tot casserole	27 salsa chicken & rice bowls	28 marry me chicken pasta
29 slow cooker turkey meatballs	30 easy greek pasta salad	all recipes & meal plans free on jordosworld.com or use recipes to make a free custom meal plan				